



# “I don’t need any help!”



People with dementia often truly believe that they don’t need any help. Here are some strategies for implementing care and support when you are met with resistance.

## Keep it simple:

### Use words that the person with dementia will agree with.

- For example, they may resist the idea of a “caregiver” but be open to the idea of a “companion,” “assistant,” or “someone spending time around the house.”
- They may also be open to the idea that the caregiver will really be helping you instead of them. “Mom, it would bring me peace of mind to know that someone was here just in case anything ever happened.”

## Avoid confrontation:

### Stay away from listing the reasons your loved one needs care.

- Remember that they have always been capable of managing everything on their own.
- Avoid statements such as, “You’ve fallen three times,” “You aren’t taking your medications,” or “You aren’t safe to be alone” – these will only evoke strong defensive feelings.
- Present the idea of support in a way that they might agree with.
  - For example, if your loved one complains of feeling lonely, present the caregiver as a companion.
- Suggested phrases are:
  - “I’m excited to introduce you to Sara. She will bring you to that discussion group at the community center you’ve been asking to go to.”
  - “Your doctor recommended we have Sara come a few days a month to bring you your favorite groceries.”
  - “Sara will be here just in case you need anything.”

## Keep it temporary:

### Permanent plans are scary for someone who is not oriented to time. It’s much easier to say “no” than to agree to something they are unsure of.

- Use phrases like:
  - “Let’s give it a try for now, and then we can always cancel.”
  - “Your doctor made the recommendation- why don’t we try it for now, and then let him know it’s not working at the next appointment.”
- You can use this technique for as long as it will work- months or years!

## Seek advice:

Always remember that you have the Seniors At Home team to support you—just ask!

**To schedule a dementia care consultation email [dementiacare@jfcs.org](mailto:dementiacare@jfcs.org) or call 415-449-3712**

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