

They Say They Don't Need Help

How to talk about support without taking away control

Accepting help can feel frightening or intrusive. Your loved one may worry that having someone in the home means losing privacy, control, or independence. The goal is not to take over. It is to find a small amount of support that protects what matters most to them.

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Begin with what matters to them

“I know staying independent and remaining in control are important to you. I want us to talk about what could help protect that.”

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Ask what has become harder

“What feels more difficult now than it did six months ago?”

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Make the request small and specific

“Would you be willing to have someone come on Tuesdays to help with groceries, lunch, laundry, and errands?”

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Offer a trial instead of a permanent decision

“Could we try this once or twice a week for two weeks and then decide how it feels?”

If they still say, “I don’t need help.”

You can acknowledge that they may feel fine while also being honest that the current arrangement is becoming difficult for the family to maintain. The goal is to find support that works for everyone while protecting their independence.

Accepting a small amount of help can allow your loved one to remain more independent and more in control—not less.

Sometimes the support is not only for the person receiving it. It is also for the daughter, son, or spouse who has been carrying too much for too long.

From the Sunland HOME Plan

Honor What Matters.

Observe the Pattern.

Map the Next Best Step.

Engage the Right Support.

Not sure what your parent needs? Tell us what you’re seeing. We’ll help you think through the next step.

Call Sunland Home Care:
480-447-8893



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