Birchmere.

Care that feels like family.

Is it time for help at home?

The quiet signs worth noticing, and how to raise the subject with someone you love.



THE SIGNS

Small changes that add up.

Needing help rarely arrives all at once. More often it's a handful of small things that, together, tell you something has shifted.

Around the house

Mail piling up, plants left unwatered, dishes or washing that used to be done straight away.

In the kitchen

Out-of-date food in the fridge, fewer proper meals, a lot of toast and tea.

Getting about

Giving up driving, skipping outings, or holding on to furniture to get across a room.

Routines slipping

Missed appointments, or tablets left in the packet when they should have been taken.

Mood and company

Fewer phone calls, less interest in friends, more time alone than they'd like.

Looking after themselves

Wearing the same clothes, or less care with grooming than they've always taken.

Trust your instincts.

If something you noticed on a visit has stayed with you, it's worth a conversation. A little help early often keeps people independent for longer.

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THE CONVERSATION

How to bring it up.

There's no perfect script, but a few things make the talk easier for everyone.

1

Pick a calm moment

Over a cuppa at home is better than in the car, at a family gathering, or straight after a fall or a fright.

2

Start with what they want

Most people want to stay in their own home and keep doing things their way. Begin there, and talk about help as the way to make it happen.

3

Ask, don't tell

What's getting harder? What would make the week easier? Their answers often point straight to where help is needed.

4

Start small

A hand with the shopping, or someone to share a coffee with, is an easier yes than "a carer".

5

Leave it open

It doesn't need to be settled in one talk. Plant the idea, then come back to it.

WORDS THAT HELP

Try saying it this way.

The same idea can land very differently depending on how it's put.

INSTEAD OF		TRY
"You can't manage on your own any more."	→	**"What would make the week easier for you?"**
"You need a carer."	→	**"How would you feel about someone to help with the shopping and stay for a cuppa?"**
"We're worried about you."	→	**"I'd sleep better knowing someone pops in on Tuesdays."**
"It's all arranged."	→	**"Would you like to meet them first and see what you think?"**

If they say no.

That's alright. It's their home and their choice. Leave it a week or two, then come back to it. Sometimes a trial visit, or hearing the idea from their GP, makes it easier to say yes.

WHEN YOU'RE READY

Starting with Birchmere.

One phone call is all it takes. A care coordinator asks about their interests, language, personality and routines, then suggests companions who suit.

- Start with a single two-hour visit, and build from there.
- No assessment or referral needed.
- Your coordinator introduces your companion before the first visit.
- Change or cancel with two business days' notice.



WHAT IT COSTS

From $120.00

per hour (Including GST)

Visits start at two hours. Evenings, weekends and public holidays cost more, in line with award rates. You'll always see the full price before you book.

Birchmere.

Let's talk it through.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

CALL 02 5115 1162

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Scan to visit our website

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