



# When Is Home Care Necessary In Ireland?



Countless families around Ireland, desperately trying to keep their elderly loved ones' independence intact while also ensuring their safety at home, are likely asking themselves the same question: when is home care necessary?

In this eBook, we provide advice not only on how to recognise when home care may be required but also offer guidance on how to strike the delicate balance between autonomy and support.

## Understanding home care in Ireland

Home care is a vital service for many families in this country. Aside from providing assistance with everyday chores around the home and managing personal hygiene, it also encompasses personalised support, enabling older individuals to age gracefully in familiar surroundings. This approach lends itself directly to a dignified and comfortable living experience.

# When is home care necessary? Recognising the signs

## Physical health indicators

Signs of physical health decline that signal the need for home care can include challenges with mobility, difficulties in daily tasks, or the onset of chronic health issues. Recognising these indicators is crucial for timely intervention.

## Mental and emotional wellbeing

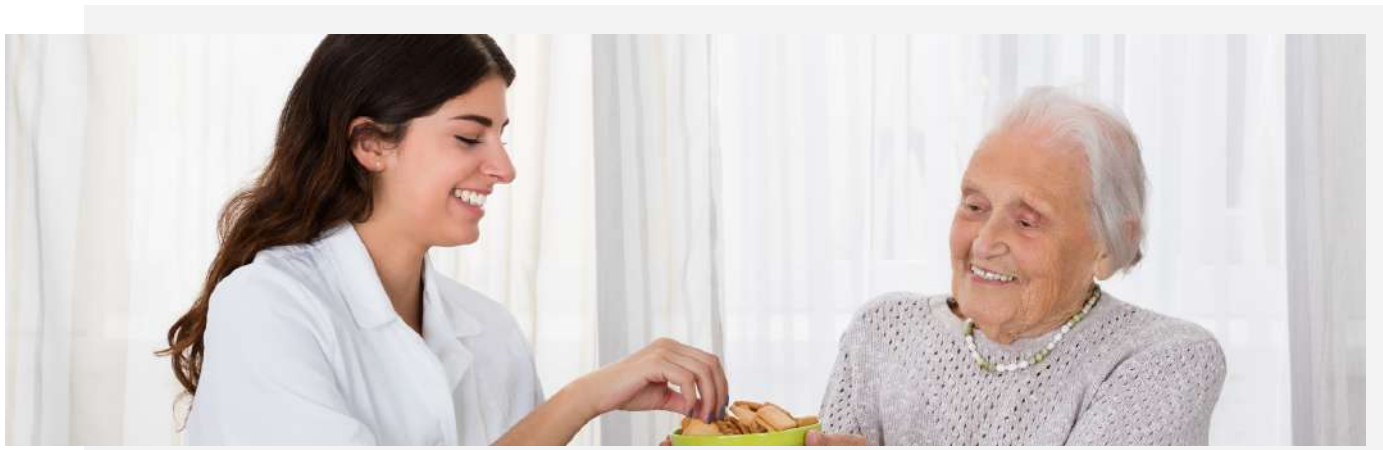
Subtle shifts in mental or emotional health, such as social withdrawal, mood fluctuations or cognitive changes, may also indicate a need for home care. If these signs become apparent, compassionate intervention through home care is likely required.

## Changes in daily living skills

Changes in daily activities, from struggles with routine tasks to difficulty in self-care, are giveaway signs of the need for home care.

## Caregiver stress and burnout

Caregiver stress can significantly influence the decision to seek professional home care. Juggling responsibilities can take a deep toll on caregivers' wellbeing, and as such recognising the signs of burnout is crucial. Home care steps in at this point, not only to support the individual in need but also to provide short-term relief for caregivers.



# When is home care necessary?

Deciding on home care is a tough but crucial family discussion. It should be approached using open communication and with the needs and wishes of the individual at the centre of the conversation. During the discussion, it's important to acknowledge caregiving challenges and agree on shared responsibilities. Seeking professional guidance can be a big help, enabling families to understand their options and to ensure a compassionate decision is ultimately made.

## Conversations with loved ones

Initiate discussions about home care with empathy. Emphasise your concern for the well-being of your loved one by sharing personal observations but also actively listening to family members' concerns and collaboratively exploring options. Approaching the conversation as a united front is integral, as this allows everyone to feel heard and involved in the decision-making process.

## Assessing financial and practical considerations

Transitioning to home care involves considering both financial and practical aspects. It's worthwhile exploring available resources, such as insurance or government programs, which may help to alleviate financial concerns. In terms of practical considerations, the first step should be to assess the home environment for safety and accessibility and make any necessary adaptations. There are also financial grants available for this purpose, which are designed to ease the financial burden these upgrades may cause.

## Consulting home care professionals

Seeking professional advice when considering home care is crucial. Experienced professionals offer insights into tailored care plans, easing the decision-making process. Their expertise also ensures a holistic approach that takes into account both physical and emotional needs, paving the way for compassionate and informed choices to be made on behalf of – and importantly, with the input of – your elderly loved one.



# Home help services – making an informed choice

As mentioned above, professional guidance can be a huge source of support for families trying to navigate this new stage in their lives, all with the best interests of their loved ones at heart.

To make an informed choice regarding home care, it's best to start with the experts, such as the team at Blanchardstown & Inner City Home Care.

Our unique home help services at Blanchardstown & Inner City Home Care, from personal hygiene assistance to companionship, prioritise individual needs. We pride ourselves on a compassionate approach that can make a positive impact on the daily lives and well-being of our elderly and more vulnerable community members.

Contact us today at [hello@bchc.ie](mailto:hello@bchc.ie) or call **01 223 3852** for a personalised home care solution that offers quality care and assistance.





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