

Accepting Care:

Helping Caregivers Help You

Accepting care can be challenging for some. Sometimes your thoughts or the way you feel you are being perceived can get in the way of you receiving the best care possible.

By changing some of your thought patterns and having an open and willing mindset, you can actually make it easier for caregivers and communities to provide you with the best care.

The Springs at Simpsonville knows that when it comes to accepting care, sometimes what you should be doing is not what you're actually doing. We've created this chart so that you can change your mindset about accepting care, and ultimately, get the best care possible!

ACCEPTING HELP FROM CAREGIVERS AND CARE COMMUNITIES	
WHAT YOU ACTUALLY DO	WHAT YOU SHOULD DO
Try to prove your independence by doing daily tasks and chores on your own, even though they could potentially be dangerous.	Understand that as you age, some tasks may require additional assistance, and accepting help can be beneficial and does not make you any less capable.
Worry that moving into a senior care community means you will lose your freedom and independence.	Enjoy an independent and active life filled with a calendar of social activities and events of your choosing.
Get upset at the idea of moving from your home.	Take advantage of the wonderful benefits and amenities of a care community and never have to worry about home maintenance.
Become frustrated when someone plans your daily activities, or feel like you have no control over how you spend your time.	Communicate with your caregiver and let them know what activities you want to be doing each day.
Expect your caregiver to read your mind and know how you're feeling at all times.	Be honest with your caregiver about any thoughts, feelings, or problems that you may be having.
Remain closed-off and don't get to know your caregiver or other residents on a personal level.	Establish a lasting bond and a friendship with your caregiver and neighbors!

