

TOUGH CONVERSATIONS

A Loving Guide to Navigating Dementia's
Changes and Keeping Your Parent Safe,
Supported, and Thriving at Home.



"From the Dementia Care Experts at Arista Home Care Solutions, led by a Certified Dementia Practitioner®"





"I'm Worried Sick... But I Don't Know What to Do."

Watching a parent change is one of the most painful and confusing experiences. You're caught between respecting their independence and being terrified for their safety. You're frustrated by conversations that go nowhere. You feel overwhelmed, guilty, and alone.

You are not alone. And you are not 'going crazy.' You're a loving son or daughter in an impossible situation. This guide is your plan. It's a 3-step path from confusion to clarity.





Step 1: Trust Your Gut. (How to Spot the "Hidden" Signs)

The first 'tough conversation' is the one you have with yourself. You see the signs, but it's easier to dismiss them. The key is to see them not as 'crazy behavior,' but as symptoms. Trusting your gut is the first step.

Look for patterns of new behavior, not single events:"

- The Safety Signs: Forgetting the stove, missed medications, unexplained bruises, getting lost on familiar routes.
- The Logic Signs: Stacks of unopened mail, late bills, strange new purchases, falling for scams.
- The Emotional Signs: Sudden agitation (especially at night - "Sundowning"), withdrawal from hobbies, paranoia, or frustration.
- The Hygiene Signs: Wearing the same clothes, body odor, a messy home.





The "Tough Conversation" Guide

You cannot win an argument using your logic. Their reality is different. The only way to connect is to lead with love and empathy. The goal is not to be 'right'; the goal is to make them feel safe and heard.

DON'T SAY: "You forgot again, Mom! You can't be left alone."

DO SAY: "Mom, I'm feeling overwhelmed trying to keep up with everything. I need some help. Would you be open to us having someone help with housekeeping and driving?"

(Why it works: You make it about your feelings, not their failure. This gives them a chance to help you.)

DON'T SAY: "You have to let someone help you."

DO SAY: "Dad, I want to make sure you can stay in this house for as long as possible. The only way to do that is to have a professional help us with safety. This protects your independence."

(Why it works: You reframe "help" from "a loss of independence" to "the key to keeping it.")





Step 2: Create a Safe Haven for Body & Mind

You don't need a 'dementia-proof' fortress. You need a Safe Haven—an environment that reduces physical risks and, just as importantly, mental stress.

- Prevent Falls: Secure all rugs. Install non-slip mats and grab bars in the bathroom. Improve lighting, especially on stairs and in hallways.
- Prevent Wandering: Add simple, high locks (out of sight) or door/window alarms.
- Prevent Accidents: Use stove-knob covers. Lock up medications and cleaning chemicals.





The "Expert" Secret: A Safe Haven for the Mind

"This is what most families miss. Agitation and confusion aren't random. They are often triggered by the environment. This is the key to managing sundowning."

Label Everything: Use clear, simple labels on drawers and cabinets ("Socks," "Cups," "Bathroom"). This gives them control and reduces frustration.

Establish Routine: A predictable schedule for meals, waking, and sleeping is the #1 tool against agitation.

Manage Stimulation: Keep noise (like a blaring TV) to a minimum. During the day, open blinds to let in natural light. An hour before sunset, close them and use warm, soft lamps to ease the "sundown" transition.





Step 3: The Caregiver's Trap (And How to Escape It)

You've done everything. You've had the talk. You've created a Safe Haven. But you are exhausted. You're snapping at your kids. You're terrified every time the phone rings. Now, you must face the truth: Love is not enough.

- Are you being a loving son or daughter to your parents, or have you become a burnt-out case manager?
- Do you dread visiting because it's just a list of "to-dos" and "worries"?
- Are you truly trained to handle a fall, severe agitation, or advanced hygiene needs?
- **Is the stress of "caring" destroying your relationship?**





The Goal: Get Your "Loving son or daughter" Role Back.

Being a loving son or daughter and being a professional caregiver are two different, conflicting jobs. Trying to be both will break you. You shouldn't have to be the "bad cop" who manages medications and toileting. You deserve to be the son or daughter who sits and holds their hand, shares a memory, and just loves them.

You need a partner.





How a Care Partnership Gives You Your Life Back

- **They Handle:** The medication schedules, the bathing, the housekeeping, and the 3 AM safety checks.
- **You Handle:** The photo albums, the favorite stories, the lunch dates, and the love.
- **They Bring:** Certified training, patience, and reliability.
- **You Bring:** Peace of mind, a clear head, and a full heart.





Our Promise: The Dementia Authority of Northwest Ohio

This is why we exist. We are not a generic 'sitter' service. We are Arista Home Care Solutions, a local, family-owned agency founded by Certified Dementia Practitioner® Paula Birney after she couldn't find good-enough care for her own mother. We are the experts you've been looking for.

Our care plans are built by a Certified Dementia Practitioner.

DEMENTIA-TRAINED: Our caregivers receive specific training to manage agitation and create a Safe Haven for the mind.

LOCAL & ACCOUNTABLE: We are your neighbors. You can call us, the owners, directly.

THEY DO BETTER AT HOME: And we are the only ones equipped to help them (and you) thrive there.





Your First Step is Free. And It's With an Expert.

You don't have to
have all the answers.
You just need to
make one call. Start
with our
**Complimentary, No-
Obligation In-Home
Assessment.**

WHO: This isn't a sales pitch. It's a
consultation with our dementia care expert.

WHAT: We'll help you build a custom "Safe
Haven" plan for your home.

THE VALUE: You will walk away with an
actionable plan you can use, whether you
hire us or not.

THE GOAL: To give you clarity and peace of
mind, starting today.





You Don't Have to Do This Alone Anymore.

Call (419) 754-1897 to schedule your
FREE Expert Assessment.

Website: aristahc.com

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Certified Dementia Practitioner®
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