

Preparing for care of a loved one

We believe that preparing for the care of elder parents is best done in advance.

Start the conversation early

Have open and honest conversation about later life care. Make sure a power of attorney is in place. A power of attorney will set out how they wish to be cared for and who will take the responsibility for implementing their wishes.

Research care services

Do your research on care providers in advance. You can:

- ask for recommendations
- look at their latest inspection report on the Care Inspectorate or the Care Quality Commission websites
- read reviews and testimonials.

Get your finances in order

Understanding care costs and what financial support is available will help with financial planning. If you have the means to pay for care, you will have much more choice and control over the package of care.





Start small

Ease loved ones into the idea of care by employing a cleaner or gardener for help with household tasks. Getting used to new faces and allowing others to help with tasks will make it easier if more support is needed in the future.

Set realistic expectations

Consider how you can balance the needs of your loved one with your own family and work commitments. Set realistic expectations of what you will be able to do yourself and what you need help with. Speak to a care provider about what they could provide.

Be flexible

The care needs of an elderly loved one may change over time. Our dedicated Care Managers are always on hand with help and advice and will tailor the care package to suit. With Bright Care, you can have peace of mind that your loved one is in safe and professional hands.