

How To Overcome Resistance When Your Loved One Needs Help

IT CAN BE A FRUSTRATING EXPERIENCE WHEN YOUR LOVED ONE REFUSES TO TAKE HELP, DESPITE HIS OR HER DECLINING HEALTH. HERE ARE SOME WAYS IN WHICH YOU CAN COPE WITH RESISTANCE.

UNDERSTAND YOUR LOVED ONE'S VIEW POINT. RESISTANCE COULD BE FEAR IN DISGUISE. TRY TO GET YOUR LOVED ONE TO OPEN UP ABOUT WHAT IT IS THAT HE OR SHE IS AFRAID WILL HAPPEN IF HE/SHE ACCEPTS THE HELP.

AVOID ROLE REVERSAL. DO NOT TAKE AWAY YOUR LOVED ONE'S POWER TO MAKE DECISIONS. INSTEAD, TRY WORKING OUT

THE DISAGREEMENT AND ALLOW HIM OR HER TO VOICE THEIR OPINION SO THAT IT CAN BE DISCUSSED ADULT TO ADULT.

GET AN EVALUATION. AN EVALUATION BY A NURSE OR A PHYSICIAN COULD RULE OUT AGE RELATED DISEASES SUCH AS ALZHEIMER'S OR DEMENTIA. ALSO, IF A HEALTH PROFESSIONAL STRONGLY RECOMMENDS GETTING IN HOME SUPPORT IT COULD CONVINCE YOUR LOVED ONE TO ACCEPT THE HELP.

WHEN TO INTERVENE. REMEMBER, IF YOUR LOVED ONE IS MENTALLY ALERT AND HIS OR HER BEHAVIOR DOES NOT PUT THEMSELVES OR OTHERS IN

DANGER, THEN IT IS IMPORTANT TO RESPECT HIS OR HER DECISION. OFFER RESOURCES AND INFORMATION AND LET HIM OR HER TAKE THE LEAD TO FOLLOW UP. IF YOU FEEL THE SITUATION IS DANGEROUS, THE FOLLOWING ACTIONS ARE SUGGESTED:

- GET PROFESSIONAL HELP TO EVALUATE THE RISK.
- GET FAMILY MEMBERS TO STEP IN AND DISCUSS THE SITUATION TOGETHER.
- TRY EASING YOUR LOVED ONE INTO THE HELP.
- AS A LAST RESORT CALL ADULT PROTECTIVE SERVICES.

Bird To The Last Drop—leftover turkey soup

- 2 quarts [vegetable stock](#)
 - 1 turkey carcass
 - 1 (10-ounce) box frozen mixed vegetables
 - 1/2 cup long grain [rice](#)
 - 2 cups cubed cooked turkey
 - 1 teaspoon crab boil seasoning (recommended: Old Bay)
 - 2 teaspoons dried thyme
 - Kosher salt
- Freshly ground black pepper

Combine the vegetable stock and the turkey carcass in a 6 to 8-quart

pot. Push down the carcass so that is mostly covered by the liquid. Cover, set over medium heat and bring to a [simmer](#). Adjust the heat to maintain a simmer and cook for 1 hour. After an hour, remove the carcass, and add the vegetables, rice, [turkey](#), [crab boil](#) seasoning, and [thyme](#). Cover again and simmer for an additional 20 minutes. Season, to taste, with salt and pepper.



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