



How to Talk to a Parent About Accepting Help at Home

If you're based in **Cowbridge, Llantwit Major, Barry or the wider Vale of Glamorgan** and are unsure how to talk to a parent about accepting help, you're not alone.

Starting the conversation can feel incredibly difficult. Many older people value their independence deeply, and the idea of "help" can feel like losing control.

Why Parents Often Say "No"

- They don't feel they need help
- They're worried about losing independence
- They don't want to be a burden
- They're uncomfortable with someone new in their home
- They don't see what you're seeing

How to Start the Conversation

- Choose a calm moment
- Start with concern, not solutions
- Keep it small and manageable
- Involve them in decisions
- Be patient — it may take time

A Gentle Reframe

Position support as company, a helping hand, and something proactive rather than necessary.

How We Can Help

At Sweet Pea Home Help, we provide warm, person-centred support that feels natural and unintrusive.

- Companionship visits
- Help around the home
- Shopping & errands
- Appointments & outings

Get in Touch

Sweet Pea Home Help
Supporting families across **Cowbridge, Llantwit Major, St Athan, Rhoose, Barry and
the Vale of Glamorgan**

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