

Don't rush this important decision

If you are concerned about your older family member living in their own home, you may consider suggesting they move in with you. It's natural to want to provide this extra care, particularly if you have had a close relationship in the past.

Take time to consider this carefully - try to resist rushing in before you have thought through the options. Weigh up the impact this move might have on you, those you live with and other members of your family.

It's important that you do not feel as though the move has been imposed upon you - rather that everyone involved feels it is the right decision. Be sure that those in your household support this.

*"When Dad moved in with us, we all had to make compromises.
It wasn't easy, but we put a lot of thought into it
beforehand which helped."*

Things to think about before making a decision

Your existing commitments

Consider how flexible your existing commitments are. This may include work, study, parenting or other caring responsibilities. It may also include financial commitments like a mortgage.

The impact on you

Living with the person you care for can make it harder to find time for yourself. Caring can begin to feel as though it involves 24-hour care or being 'on call' at all hours. How would this be managed?

The impact on others in the household

How might this impact on your family life? Will your children now need to share a bedroom? Will your family be expected to help out with caring? How do they feel about this? Do your partner or children have commitments of their own?

The 'inter-generational' issues

Three generations living together in the one house can be a challenge. Make sure that the benefits of the move outweigh the challenges and that your commitment is shared. That way, your family member and your family can all feel positive about the plan.

Consider the alternatives

Families who wish to have their family member nearby often consider a range of options which might include:

Moveable units (granny flats)

Moveable units are self-contained units with one or two bedrooms, a small kitchen and living area. They may be purchased and positioned in the backyard of your home. People on low incomes can rent moveable units - to find out if your family member is eligible contact the Department of Human Services on 1300 655 049.

Other accommodation options

Self-contained units, serviced apartments, retirement villages and supported residential services are all options worth considering. The information sheet '[Other accommodation options](#)' will provide more details.



Advice from other carers who had a family member move in

- ▣ Talk openly with your family member about their wishes.
- ▣ Think about what the decision may mean over time - check that you are all ready for this.
- ▣ Share the decision so that everyone is willing to 'give it a go'.
- ▣ Be aware that your family member may lose some privacy and independence if they live with you - they will do less.
- ▣ Organise any aids or equipment that could help.
- ▣ Organise support services - don't expect to do it all yourself.
- ▣ Have time away regularly with your own family - take a break. Contact the [Commonwealth Carer Respite Centre](#) on 1800 059 059* to find out about the range of respite options available.

*"I hated the thought of using respite,
but my worker organised something that Mum really enjoys -
we all get a break now!"*

The [Commonwealth Carer Resource Centre](#) offers information, support and advice to people caring for a family member or friend. It may be helpful to talk with someone about your situation and look at the options available to you - phone 1800 242 636*.

While caring for your family member in your own home will present its challenges, people who have chosen to do this say that they developed a much closer relationship with their family member as a result. The key is to find a balance between caring and other parts of your life.

Further information:

- ▣ For more information on accommodation options for older people phone: [Aged Care Information Line](#) on 1800 500 853.

Contact the [Commonwealth Carer Resource Centre](#) on 1800 242 636* to request the above information sheets be sent to you - or to find out about other information sheets in this series.

*Free call except from mobile phones. Mobile calls at mobile rates.

We do our best to keep these links up to date, but the internet changes all the time. If you can no longer access any of the above resources, please go to our [Internet Troubleshooting Guide](#), or email us at website@carersvic.org.au