



Discussing the Future with Aging Parents

Senior Care Solutions with Care and Compassion



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Overview

Intended Audience - Adults with aging family members

Objectives:

1. Understand the importance of discussing your aging family members future plans with them;
2. Identify strategies for engaging in these important conversations;
3. Describe key topics/areas of discussion to cover (financial, legal, health care, housing, caregiving, etc.)

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- Seniors are living longer than ever
- Traditional caregivers are the middle aged children
- Adults age 85 and older are the fastest growing population
- Multiple responsibilities

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Caregivers



- 80% of caregivers are women
- On average, they spend 18 years helping
- This is a daunting challenge

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The Time is Now



- Physical and cognitive changes come on quite suddenly
- It is never too soon
- Family planning
- Wants versus needs

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Warning Signs

- Behavioral or functional changes
- Multiple Health Conditions
- Falls or repeated hospitalizations
- Short-term memory problems
- Periods of confusion or disorientation
- Calls from family, friends, or neighbors expressing concern
- More frequent requests for help or support
- Missed payments
- Weight loss over the past year

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Items to discuss:

- Lifestyle interests, hobbies, religion, etc.,
- Concerns and directives for medical care
- Financial management issues
- Long-Term Care Insurance
- Housing choices
- Options for care



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Not every strategy or tool will work for everyone - be thoughtful and selective, make adjustments as you go.

- ❖ Get the whole family involved? - Family planning party!
- ❖ Work with a mediator
- ❖ Introduce topics in reference to your life, or someone they know
- ❖ Make it about what is most important to them
- ❖ Use tools, worksheets, apps

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How To:

Instead of directly asking the question, begin the discussion in the context of a relative or friend's experience:

"This is what happened to Aunt Mary. We want to be better prepared."

Or put the discussion in the context of your own life:

"I'm starting to plan for the time when I might have trouble taking care of myself. This is where my documents are. I signed a healthcare proxy. Have you made any of these plans yourself?"

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Own the problem

Most older adults are not going to be resistant if it is expressed in the context of putting their adult children at ease.

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Tools

- ❖ The Conversation Project - <https://theconversationproject.org/>
 - Institute for Healthcare Improvement
 - “Our free Conversation Guides can help you have ‘the conversation’ with the important people in your life about your – or their – wishes for care through the end of life.”
- ❖ My Data Diary - <https://mydatadiary.com/>
 - Family Information Management Software - Simplifying the Business of Life

Caregiver support

- ❖ Caregiver toolbox - <https://www.caregiveraction.org/family-caregiver-toolbox>
- ❖ <https://www.healthline.com/health/caregiver-tools>

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Resources

- Have the resources ready to share
- Listen to your loved one's concerns
- Refer loved ones to the right professional
- Express your care and concern for their well-being and best quality of life



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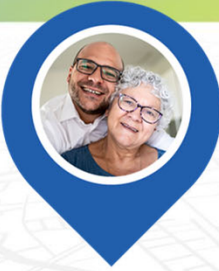
Q & A



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See the CarePatrol Difference



We exist to provide safer senior care options.

For more information:

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