

STRATEGIES TO HELP YOU HAVE THE TOUGH TALK WITH LOVED ONES

Prepare

Note what you are concerned about. Educate yourself on senior care options.

1

Choose the Right Time and Place

Select an appropriate time, a comfortable environment, and a place without distractions.

2

Compassion and Respect

Acknowledge their feelings, show respect, and emphasize that your goal is to support them.

3

Keep the Tone Light and Positive

Maintain an optimistic tone to alleviate anxiety or apprehension.

4

Start with Compliments and Affirmations

Express admiration for their independence, resilience, and accomplishments.

5

Listen and Validate Their Feeling

Listen actively to their thoughts, concerns, and preferences, validating their feelings and experiences.

6

Share Personal Experiences and Stories

Share stories of family members or friends who have benefited from senior care.

7

Be Honest and Transparent

Be honest and transparent about your observations and concerns regarding their well-being and safety.

8

Offer Reassurance and Support

Offer support during the conversation, emphasizing that the conversation is not a sign of weakness or failure.

9

Collaborate on Next Steps

Collaborate with them and encourage their involvement in the decision-making process.

10

Follow Up and Provide Resources

Address any questions or concerns, and provide resources. Reiterate your commitment to support them.

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