

Where will our family be in five years?

How to create a living plan for a loved one.



What if Things Don't Go Well?

Family members may have differing perspectives, and a calm discussion on these matters may be unrealistic. If your family has difficulty communicating, get a third party to mediate. And if things get heated, stop. Take a break and try again another time.

About ElderCarelink

ElderCarelink, a leading provider of qualified lead generation services within the eldercare industry, assists families in finding a multitude of senior services, including assisted living, nursing homes, adult day care, private duty nursing, care management, and homeware in all 50 states. More about finding eldercare assistance or joining our network of providers can be found at www.eldercarelink.com.



Why are we talking about this?

Having a frank and productive discussion about senior living arrangements can be difficult, but it's very important.

That's why we created this discussion guide. By offering tips on how to start a conversation about a loved one's future, it will help your family create a living plan that addresses important issues and shared responsibilities.

FACT: According to the Volunteers of America, more than half of the 45- to 65-year-olds surveyed haven't talked to their family about their care as they age, discussed aging with their doctor, or drafted a power of attorney or will.

Do any of these statements apply to you?

Use them as starting points for a family conversation.

Parents: Speak Your Mind

- I want to maintain my independence
- I want to be near my spouse, family, friends, and pets
- Daily chores and household responsibilities are getting harder
- I worry about falling down and not being able to summon help
- It's harder for my spouse or me to move around the house
- I worry that my medical condition will get worse
- It's difficult to manage our medications and appointments

Adult Children: Share Your Concerns

- My parents don't have enough access to friends and social activities
- Caregiving responsibilities for one parent are overwhelming
- My parents may not be taking their medication on time or following their doctors' advice
- Managing a household is getting harder for my parents
- My parents cannot always summon help if and when they need it
- Sometimes I can't reach or find my parents

Reach a Common Understanding

After this conversation, you should have the answers you need for a basic living plan for your loved one:

Of the topics we discussed, the most important priority is: _____.

If I or my spouse is unable to make care decisions, I would like _____ to do so.

At some point, if I needed it, I would be okay with:

- An assistant at home
- Living in an assisted living community
- Living in a nursing home
- Living with a family member
- Moving to a different city/town

Tip: Set aside enough time to listen to all viewpoints, and let all siblings be involved.

FACT: A recent AARP study found that two-thirds of adult children never have a conversation about long-term care needs with their parents because they don't know what information their parents need or where to find it.