

Difficult Conversations with Mom and Dad

Christina Marneris | January 19, 2016

A R E A A G E N C Y O N
Aging & Disabilities
O F S O U T H W E S T W A S H I N G T O N

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Talking with your parents about long-term care needs can be difficult. For some, even the idea of discussing the possible disability or dependence of their parent(s) is overwhelming.



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Appreciate why it's so hard.

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Remember that the consequences of not speaking up are usually worse than the talk itself.



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*Consider that the person you're caring for might
be having similar concerns.*

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Think gains, not losses.

Think choices, not ultimatums.

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Get your ducks in a row.

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Choose the right moment and place.

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Be candid.

Remember to use I statements.

Difficult Conversations with Mom and Dad Resources

Prepare to Care-A Planning Guide for Families

AARP

The Do's and Don'ts of Communicating with Aging Parents

Mark Edinberg, Ph.D

Holding a Family Meeting

Family Caregiver Alliance

Contact Us

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