

CAREGIVER TIP

How to Talk to a Parent about Aging?

We are fast approaching the holiday season and if you don't live close to your parents you may be planning to visit over the holidays, whatever the situation, you may be asking yourself how do I approach the subject of aging with my loved one?

You may be noticing that they are beginning to show signs of disorganization, forgetfulness, and possibly safety. Starting the conversation can be very uncomfortable and one that everyone involved wants to avoid, however it is best to deal with the concerns up front instead of waiting for a crisis. The following are some questions to begin with that will break the ice and open a respectful, informative dialogue with your loved one.

Do you feel safe in your neighborhood, or have things changed?

Would you be willing to develop a plan in case of emergency?

Would you be willing to wear a medical alarm?

Can we discuss the possibility of in-home care to allow you to stay home and independent for as long as you wish.

Knowing what your love one's wishes are, how they want to Age in Place or if they prefer to move to assisted living centers or a nursing home in the area where they live. Touching Hearts Senior Care can help your loved one develop a Plan of Care to stay safe and independent in their home.

If we can be of service to you or if you have any questions, please don't hesitate to call 251-445-4204 or email me at gina@touchingheartsseniorcare.com