

Fast Facts

87% of adults 65+ want to stay in their current home and community as they age

Do You Know Your Parents' Wishes?

Have You Discussed Tough Realities, Like Their Ability to Continue Driving?

Older drivers make up 19% of all licensed drivers, and 14% of drivers involved in fatal traffic crashes in 2017

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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How to Handle Difficult Conversations with Your Aging Parents



Call us at: **312.526.3666**

Source 1: AARP PPI, "What is Livable? Community Preferences of Older Adults," April 2014

Source 2: National Highway Traffic Safety Administration - <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812684>

Starting the Conversation

Be Patient.

You may have to wait until your parents are comfortable and ready to open up to you.

Include the Whole Family.

Keeping siblings in the loop will make sure there are no unpleasant surprises. But, keep in mind that what is most important is what's in the best interests of your parents.

Listen.

Have empathy and recognize this is not easy for your parents. Taking notes or recording their thoughts will make it even easier to respect their wishes.

When is the Best Time to Talk?

Now. It's better to have a plan before you need it, than to need it and not have it.



QUESTIONS TO ASK FOR EVERY TOUGH SUBJECT:

Driving:

Are there some driving situations that cause you more stress than others?

Can we eliminate driving during certain times, conditions, or routes?

Finances:

What regular income do you have?

What expenses do you pay each month?

Where are records kept (such as tax returns, life and property insurance policies, etc.)?

Where are your bank, savings and credit union accounts?

Do you have a will, trust, or powers of attorney for finances?

Health:

What medical issues do you have?

Do you have healthcare policies in addition to Medicare?

Do you have the finances to cover modifications to your home to accommodate mobility issues?

What happens if you need significant care?

End of Life Instructions:

Do you have advance medical directives or a living will?

Have you done any estate planning?

What are your preferred funeral arrangements?

Opening a dialogue with your parents that is loving, open, and transparent will help you both ease into the next chapter.



Maintaining your parents' independence is an achievable goal with quality in-home care.

We're here to show you **The Power of Love®**. Contact **Seniors Helping Seniors®** in-home services today.

www.SeniorCareChicagoMetro.com

