How to Emotionally Support your Parents and Loved Ones

Beginning Steps Worksheet

START THE CONVERSATION

Note: Start the conversation about practical and directive issues earlier than later. These are never easy subjects to approach but approaching them earlier than later will be very worth it! There is usually a "trust issue" with tough questions, so start slow and remember, this is just a start!

In an emergency, what would you want us to do with...
(for instance: if you're in a car accident... your plane goes down...)

1. Your Home

2. Your Care

3. Your Pets

4. Your Belongings

Is the house paid off and if not, how many years are left on the mortgage?

Is your paperwork together, with insurance information, where we can easily access it if needed, including a Trust and Insurance Info?

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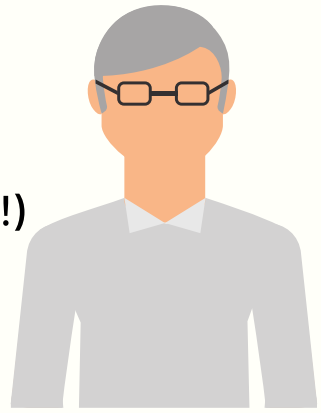
TRUST AND DIRECTIVES



Determine what type of Trust is in place (if there is one!) and where all documentation is stored.

If there is no Trust, or a very outdated Trust, this would be a good time to explore some options. There are many free informational programs and online guides to help. Take solid, slow steps, but take them!

Is the name and contact info of the Attorney on the documentation? Make sure that information is readily available in an emergency.

Even though it's a tough conversation, approach who would care for the other spouse if parents and loved ones are still together.

TYPE OF CARE

What is the best-case scenario as far as your loved ones are concerned? In home care? Senior community? Make sure you ask them first. Don't be shocked with their wishes!

Ask them what their second best-case scenario is. This will prime the pump for other options that you may end up taking and will help them feel "heard."

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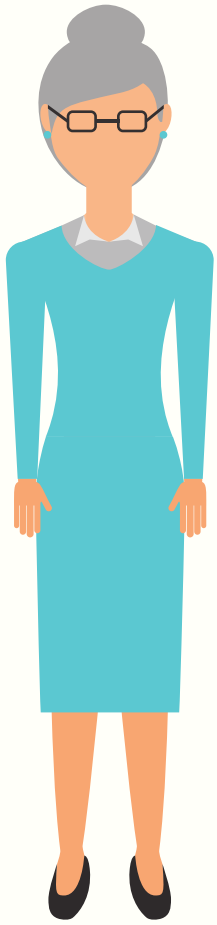
LIVING ADJUSTMENTS



If they end up choosing a senior community, there are strict regulations in place for safety, but most homes are not equipped with safety bars, rails and ramps.

Look around their home or surroundings. Note the following: Throw rugs. Go through every room and note where they are and the size:

Are there any steps? Include even a small step and any steps that need to be taken to enter the house.

Note every place you can put a safety rail: toilets, showers... Also, realize with age, most won't be able to get in and out of a bathtub. Ask any first-responder how many seniors they have to rescue in bathtubs. It will convince you to focus on making the shower senior-friendly, including a pull-down showerhead.

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COST OF CARE

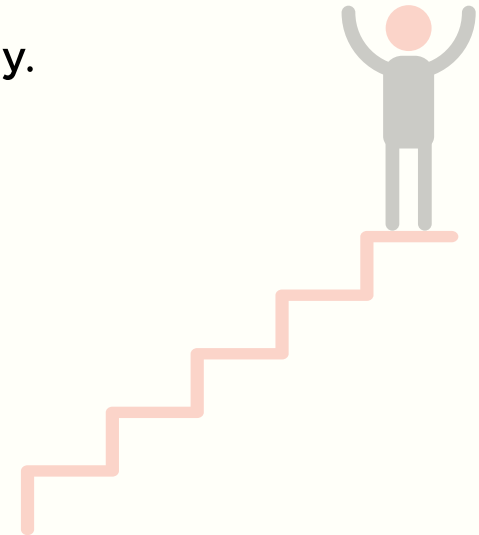
Do the math for each of the options they've communicated for their care. This will change from year to year, but it will give you an idea of how to save and allocate funds. It also may help them decide on a better solution for quality that would fit within their budget.

In home care monthly cost:

Range of costs for Senior Care Living:

Is there graduated care available and what will be covered by insurance? (it is not too early to learn about "graduated care." It comes quicker than you can imagine!)

*NEXT STEPS



Put down 2 action points to begin right away.

1.

2.

Don't feel you have to handle everything at once. Start slow with baby steps--one thing at a time. You'll get there!

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