

5 TIPS FOR NAVIGATING DIFFICULT CONVERSATIONS AROUND AGING

Talk early & often.

It's crucial to start planning for the future now. Frequent, proactive conversations are key to ensuring you're always up to speed on your loved ones' wishes. Don't wait for a crisis to start the conversation.



Gather information first.

If you are suggesting a change for your loved ones, invest time and energy in observing their daily activities. Gather accurate information about your concerns before you even begin discussing a difficult topic.

Approach with love, empathy and support.

These difficult conversations include sensitive subjects that your loved ones may be uncomfortable talking about. They'll always respond best to a respectful, loving, supportive attitude.



Communicate effectively.

The most crucial part of any productive conversation? Listening. Remember that this is a two-way street, and listen and reflect with an open mind.

Include key people in the conversation.

Think about who your loved ones listen to and respect, and ensure they have a seat at the table. Focus on the best interests of your loved ones and ensure all relevant parties are kept in the loop on major decisions.



To learn more about how to support your loved ones in the aging process, visit [FirstLightHomeCare.com](https://www.FirstLightHomeCare.com)

Source: Amy Goyer, speaker, consultant and author of *Juggling Life, Work and Caregiving*.



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