



Cincy Senior Corner



Trusted Senior Home Care

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Seniors, Families Need Honest Communication

When an aging parent needs help, family dynamics plays a role in what happens next. Seniors may feel they are still in control, while adult children may feel the need to take charge of mom or dad.

Experts agree the most important thing is for parents and adult children to communicate openly and honestly.

What kind of help?

To start, seniors and adult children must determine the kind of help needed. It can range from:

- handling finances and paying bills, and establishing Power of Attorney for one or more family members;
- hiring help for certain tasks, such as laundry and housekeeping;
- exploring adult day care options;
- bringing in a professional caregiver so the parent can remain safely in his or her own home, and
- moving to a nursing home if medically necessary.

The aging parent should be involved in decision-making and should be given time to consider any proposal. This gives the senior a sense of control, and encourages cooperation once a decision is made.

If mom or dad is no longer able, the spouse, if any, and children should continue making those important decisions. This is especially challenging for an only child who has no siblings to share responsibility.

Experts' advice

The focus should be on what's best for the aging parent, and adult children must be honest about whether and how they can help, experts say.

Share tasks, and have realistic expectations of others' contributions. Each family member brings certain strengths, so each should do what he or she does best. A sibling who hasn't been involved in the past will probably not be involved now.

Realize everything will not work out perfectly. Poor relationships forged in childhood can hinder siblings from working together in adulthood. Brothers and sisters should be open-minded and attempt compromise. Sharing information may reduce unrealistic expectations and judgments of others. Professional mediation can be an alternative.

Keep others informed. Siblings should agree how and how often to communicate about mom and dad. With email and conference calls, it can be easier to stay in touch. If face-to-face meetings are necessary, an impartial third party can make sure all are heard and relevant topics are discussed.

Move forward. Siblings should not waste time and energy to gain cooperation of family members who are not helpful. Instead, they should consider taking advantage of support groups for caregivers.

A Caring Choice Releases Video - Family members explain why they trust A Caring Choice.
[Click here](#) to view the video now on our website.

Available Help: If you have questions regarding what type of non-skilled services are available and how to pay for them, call us at 513-574-4148.

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A Caring Choice provides In-Home Care Services to enable Cincinnati's elderly to safely remain in their homes. Services are personalized, affordable, available 7 days per week - 24 hours per day and include: cooking, cleaning, laundry, transportation, personal hygiene assistance, companionship and medication reminders.

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