

Let's Talk about What Matters to You...



Sometimes the right question is more powerful than any advice.

**Gentle prompts help seniors feel heard,
while opening the door to safe, supportive care at home.**

Ask with Heart...

1. "What would help you feel more confident living at home right now?"
2. "Are there tasks that feel more tiring or risky than they used to?"
3. "What do you wish others understood about what you're going through?"
4. "What would it look like to have a little support – just to make things easier?"
5. "If something unexpected happened, who would you want by your side?"

**These questions show love, not control.
They spark self-reflection, not resistance. They lead to support
that respects dignity while easing the challenges of daily life.**

**Accepting help isn't a loss of independence;
it's how we protect it!**



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