



WE NEED TO TALK.



The Conversation Families Avoid Until It's Too Late

IT'S NOT THAT FAMILIES DON'T CARE.

It's that no one wants to...

- ▶ Take away independence.
- ▶ Upset mom or dad.
- ▶ Sound alarmist.
- ▶ Start something they don't know how to finish.

So the conversation is postponed and postponed until a crisis forces it.

HERE'S WHAT USUALLY FORCES IT.

Most families wait until...

- ▶ After a fall
- ▶ After a hospitalization
- ▶ After noticeable cognitive decline
- ▶ After a driving scare
- ▶ After caregiver burnout starts

Hard conversations under the pressure of a crisis rarely go well. Decisions made in panic often limit options.

START EARLY. START CALM.

The best time to talk about care is before it feels urgent. Try these conversation starters...

- "What does staying independent look like to you?"
- "If something changed, how would you want us to respond?"
- "What matters most to you as you become older?"

Conversations create clarity. Silence creates assumptions.

PROFESSIONAL GUIDANCE HELPS

Home care professionals can...

- ✓ Lead family care discussions.
- ✓ Provide a neutral safety assessment.
- ✓ Offer realistic next steps.
- ✓ Reduce emotional tension.
- ✓ Help families move from fear to a plan.

Support brings structure to difficult decisions. Let's help you start now before a crisis makes the decisions for you.



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