

## Conversation Planning Guide

It can be difficult to begin talking about getting extra help or becoming less independent over time. If your loved one could use some help, you might want to take the time to plan your conversation and set some goals.

### Here are some strategies to consider:

- Don't try to squeeze it all into one conversation.
- Concentrate on listening.
- Think about your top concerns and be curious and interested in your loved one's concerns. There may be a common ground that you could build upon.
- Set goals and keep track of them but be willing to work toward them gradually.
- Make note of the barriers that arise and follow up with ideas for solutions. Don't try to defend your point of view or solve every problem in the moment.

### What are your Concerns?

- Safe Driving
- Shopping
- Preparing Meals
- Household Chores
- Memory Safety
- Falls Prevention
- Eating
- Dressing
- Bathing
- Toileting
- Paying Bills
- Remembering Medications
- Walking and Exercise
- Pet Care
- Respite Care

### What are your Goals?

Do you or a loved one need daily companionship and support to keep up with chores and routines? Are you concerned about preventing falls, car accidents or missed medication? It's wise to be totally honest with yourself and organize your thoughts. Then you can talk about it in supportive and respectful terms. We can join you when you are ready.

### What are the Barriers to Making Change?

It isn't easy to face changes in your personal life and independence. People tend to make assumptions about what is or isn't possible or affordable when faced with that kind of stress. Use this space to list concerns and issues that come up as you talk. We are happy to help you gather facts and find solutions when you are ready to give us a call.