

Session 4:

Having the Conversation: A Heart to Heart with Aging Parents



Facilitated by:

-Pastor Nancy Windels

-Deborah Paone, Executive Director &

***-Jeanne Schuller, Resource Consultant from the
Normandale Center for Healing and Wholeness***

**What do you remember about how
your aging relatives were cared for
when you were growing up?**

**How does that inform how your
family is having these
conversations?**



**What are the
conversations you
have in your head
but don't talk about?**

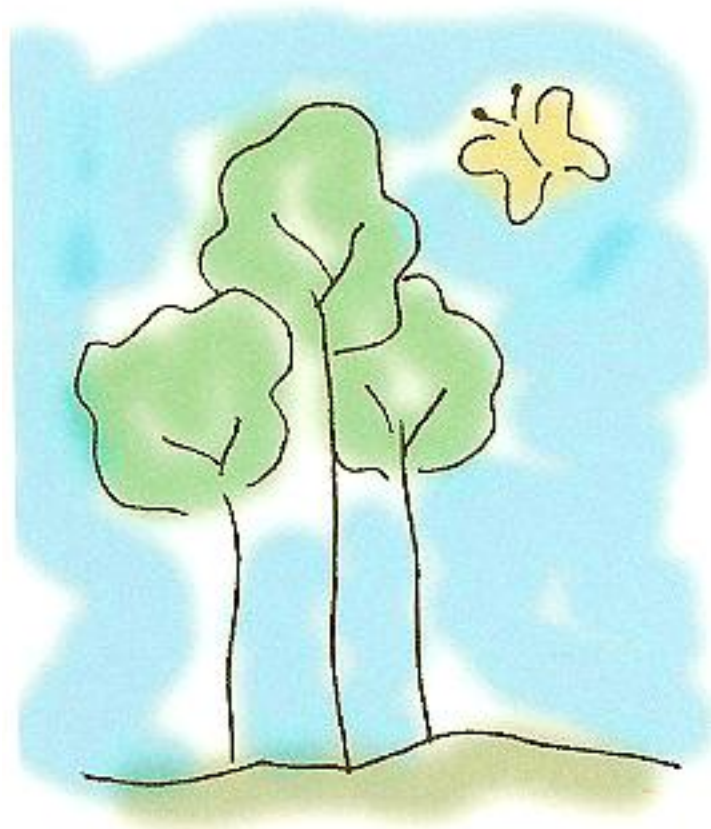


Potentially Difficult Discussions



- ✓ Need to Stop Driving
- ✓ Can No Longer Live Alone
- ✓ Not Safe at Home
- ✓ Needing to Move
- ✓ Too Much Clutter
- ✓ Concerned about Memory Loss
- ✓ Changes in a Relationship

What's holding you back?

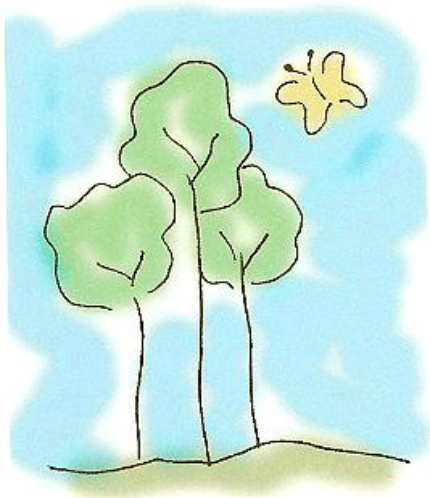


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Deborah Paone, MHSA
Executive Director
&

Jeanne Wren Schuller, MSW, LGSW
Resource Consultant

Normandale Center for Healing & Wholeness



Normandale Center for Healing and Wholeness

Mission: To “walk with” seniors in transition and their family caregivers to support health in spirit, mind, and body.

The Normandale Center for Healing and Wholeness Provides:

- Health education, Wellness, Screening and Prevention
- Resource Guidance, Information, and Coordination
- Friendly Visitors & Rides through Volunteers
- Foot Care & Loaner Adaptive Equipment
- Caregiver Support and Training



Transition Points & Opportunities



CRISIS

- When a spouse dies
- When falls occur (with injury)
- When a person decides to stop driving
- When a person decides to make a move
- When health declines (precipitously, unexpectedly)
- When family members decide the situation is unsafe.



Ideal

- When the family is gathered together
- When people are feeling healthy and independent
- When people have time to prepare and contemplate changes
- When couples are together and have same care requirements

Stumbling Blocks

- It's too big
- Not aware of options, resources –think it is a one way trip to the nursing home. . .

Stumbling Blocks

- Who is supposed to bring this up?
- When is the right time?
- Role reversal mother-daughter, father-son, etc.

Stumbling Blocks

- Resistance among members of the family
- Denial of the situation; emotional and psychological blocks
- Family dynamics and communication styles, patterns

Communication Tips for a “Good Discussion”



- Before: Be mindful about and recognize your own intentions and your fears about the conversation
- Put yourself in the other person’s shoes—How would what you’re going to say sound to you if someone said it to you?



Communication Tips for a “Good Discussion”

- Avoid surprising people with the conversation—give them time to prepare
- Research options ahead of time
- Involve necessary family members and professionals if appropriate

Communication Tips for a “Good Discussion”

- Let everyone talk
- Don't rush things
- This is likely to need several conversations—don't expect immediate resolution



Available Resources:

Planning worksheets and helpful tools (see sample handouts)

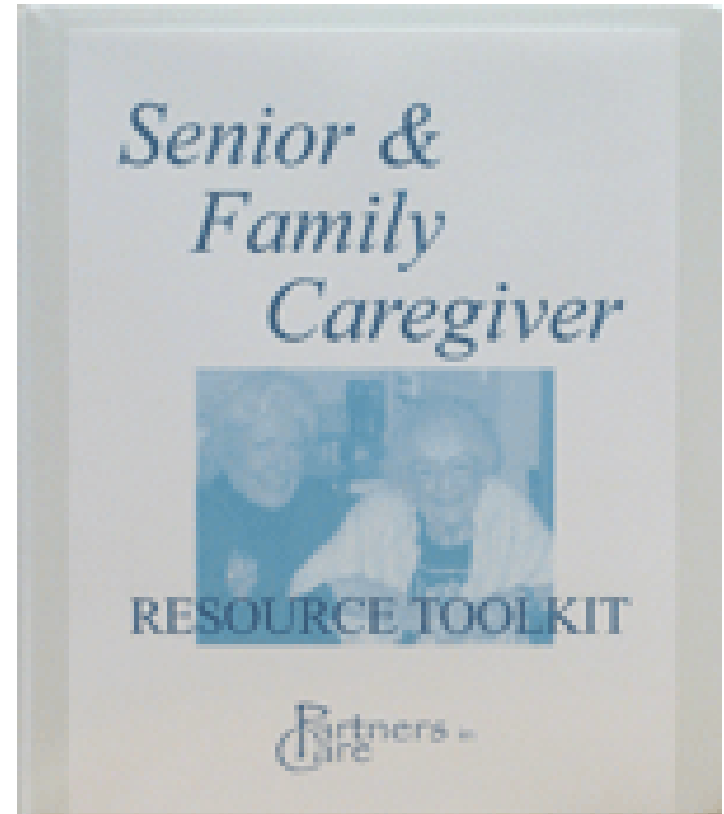
1:1 appointment with Jeanne,
Resource Consultant

952-929-1697 x 46

Tuesday & Thursday

Senior-focused community services
and agencies in the area

Senior Linkage Line 1-800
and www.minnesotahelp.info State
database of resources



Conclusion:

If you've done this, revisit it
(things change over time).

If you haven't done this, try it.

Fear not! I am with you.

Genesis 26:24

Come in and have a conversation.

This is your plan.

We help you find options.