

Care Talk: Aging & Adult Care

Family Meetings & Having the Care Conversation

Housekeeping

- **Chat** for questions and comments
- **Polling** answers are anonymous
- **Closed captioning** is available
- **Session is recorded** and you will receive a copy
- **Follow up survey** to help ensure we bring you relevant information

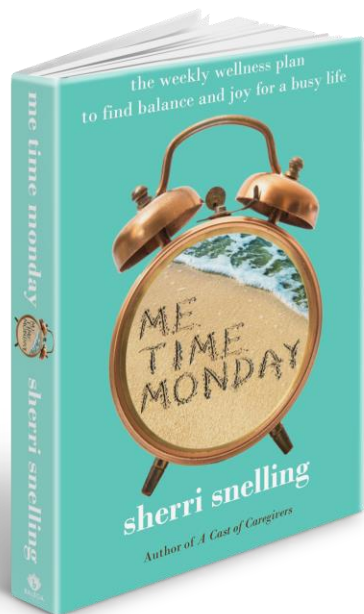
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About Sherri Snelling – Corporate Gerontologist



Objectives

- Caregiving in the U.S. Snapshot – You Are Not Alone
- Before the family meeting
 - Understand a loved one's needs and wishes
 - Understand the challenges of caregiving
 - Questions to ask yourself
- The first meeting is just the start
- Planning the meeting
- How to create a Circle of Care
- Resources



You Are Not Alone

- 53 million family caregivers
- 83% of care needed for parents or grandparents is done by family
- 47% of caregivers are Sandwich Generation – caring for children and parents/grandparents at the same time
- Caregiving can be a marathon not a sprint
 - 20 hours per week
 - 4.5 years
 - For dementia caregivers these numbers double (40+ hours a week and 9 years on average)
- 7 in 10 of workers take time off to care for a loved one
- 2/3 have help; but 1/3 do it all alone



Understand the Challenges of Caregiving

- Geographic distances
- Employment and financial impact
 - 78% incur out-of-pocket (OOP) expenses
 - \$7,242 – average OOP care costs annually
- Blended families: divorce, remarried, extended families
- Kids still living at home
- Competing demands
- Disruption of one's life
- Older parents increasing needs over time
- Status of your relationship with person needing care
- Type of illness or disability



Questions to Ask Yourself

- Is the burden too much for you?
- How much help will you really get from others?
- Do you need to quit your job?
- Should you move back home?
- Should they move in with you?
- Can you financially afford this?



5 Things to Consider

- Family and cultural background
- Personal values and expectations
- Relationship with your parents
- The illness
- Other family members ability to contribute



One Meeting May Just Be the Start

- One meeting will not resolve all your questions and issues
- Raise concerns with other family to see if they are worried as well
- Discuss with other family the best approach (one person, group discussion, outside person such as a doctor, faith advisor or trusted friend)
- Start with one thing or the most important issues:
 - Financial picture
 - Legal paperwork
 - Driving issues
 - Other issues
- Don't approach the conversation with the mindset of "I have to solve this right now" – be empathetic, patient and a partner in your loved one's care

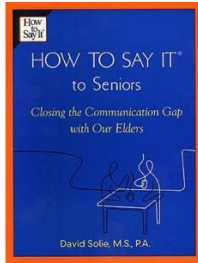


Planning the Family Meeting

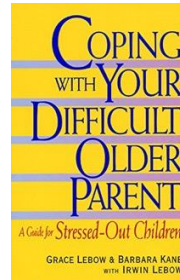
- Who will be the family spokesperson?
- Do you need a neutral third party to keep peace with everyone and help add expertise for your loved one?
- What specific goals/needs do you want addressed?
- What answers do you need to get out of this meeting?
- What is your hoped-for outcome from the meeting? Is it realistic?
- Be willing to compromise – the goal is to support your parent not dictate what will happen
- Reach agreements on next steps and who is going to help facilitate various tasks



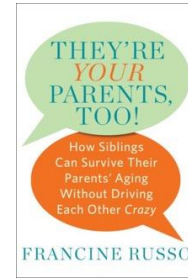
Books That Can Help



Great book on how to be empathetic with your older loved ones



A resource for those caregivers who have strained relationships with parents or in-laws



Helps to understand the sibling dynamic that happens when caring for older parents

Resources

- AARP - Caregiving Hub – www.aarp.org
- Caregivers Action Network: - www.caregiveraction.org
- To locate local elder care agencies and the Local Area Agency on Aging - www.eldercare.gov
- Meals on Wheels - www.mealsonwheelsamerica.org
- National Academy of Elder Law Attorneys – www.naela.org
- National Association for Home Care, & Hospice - www.nahc.org
- WISER – Caregiver Financial Wellness Tool - <https://wiserwealth.net/financial-wellness/>



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Thank you for attending

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