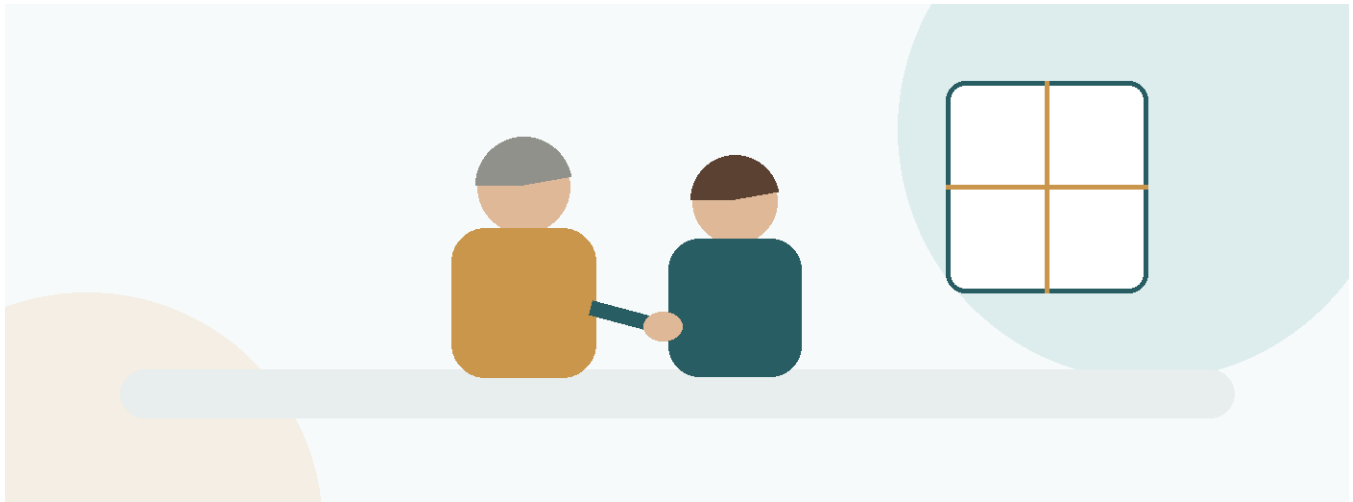


Talk With Mom or Dad — Don't Take Over

Starting a respectful conversation about support

GUIDE 3

Warm, practical guidance
for adult children & families



A warm, practical guide for adult children and families

Begin with respect

For an adult child, noticing that a parent is struggling can create a strong urge to fix things immediately. For your parent, the same moment may feel like a threat to privacy, routine, or independence.

A better first move is usually conversation.

Talk about the problem, not their age

Use specific observations instead of broad conclusions. “I noticed getting to your appointments has been difficult” is easier to discuss than “You're getting too old to drive.”

Ask open questions: “How is that working for you?” “What part is most frustrating?” “Would it help if we looked at a few options together?”

Listen for what matters to them

Your idea of the best solution may not be your parent's idea. They may care deeply about staying in their home, continuing to cook, choosing their own schedule, keeping certain routines, or not feeling like a burden.

Understanding those priorities helps you look for support that protects as much independence as possible.

Offer help in small, concrete ways

Instead of presenting a complete care plan, start with one manageable offer: arrange grocery delivery, help make an appointment, research transportation, organize a repair, or attend a doctor's visit if your parent wants you there.

Small successes can build trust.

Expect more than one conversation

Your parent may not be ready to talk the first time. Unless there is an immediate safety concern, it can be better to keep the conversation open than to force agreement.

You can say: “We don't have to decide everything today. I just want to understand what would make things easier for you.”

Respect privacy and permission

Helping does not automatically give an adult child access to medical, financial, or other private information. Ask permission and use the appropriate authorization processes when you need to communicate with professionals on your parent's behalf.

ROLAND'S TAKEAWAY

“Support works better when it is done with your parent, not simply to your parent. Begin with curiosity, listen carefully, and solve one problem together.”

A NOTE FROM ANCHOR

This guide is educational and is intended to help families organize their thinking and prepare for conversations. It is not medical, legal, financial, mental-health, or professional care-management advice. For health, safety, legal, financial, or other professional concerns, contact an appropriately qualified professional.

TRUSTED RESOURCES & FURTHER READING

Anchor developed this guide as original educational guidance informed by established caregiving resources. We encourage families to visit these organizations directly for additional information.

- **National Institute on Aging — Does an Older Adult in Your Life Need Help?**
<https://www.nia.nih.gov/health/caregiving/does-older-adult-your-life-need-help>
- **National Institute on Aging — Getting Started With Caregiving**
<https://www.nia.nih.gov/health/caregiving/getting-started-caregiving>
- **National Institute on Aging — Services for Older Adults Living at Home**
<https://www.nia.nih.gov/health/caregiving/services-older-adults-living-home>
- **National Institute on Aging — Sharing Caregiving Responsibilities**
<https://www.nia.nih.gov/health/caregiving/sharing-caregiving-responsibilities>

ANCHOR SENIOR CONCIERGE • RESOURCE LIBRARY

- **AARP — New to Family Caregiving? 10 Tips on How to Get Started**

<https://www.aarp.org/caregiving/basics/how-to-be-a-caregiver.html>

- **Family Caregiver Alliance — Caregiving 101: On Being a Caregiver**

<https://www.caregiver.org/resource/caregiving-101-being-caregiver/>