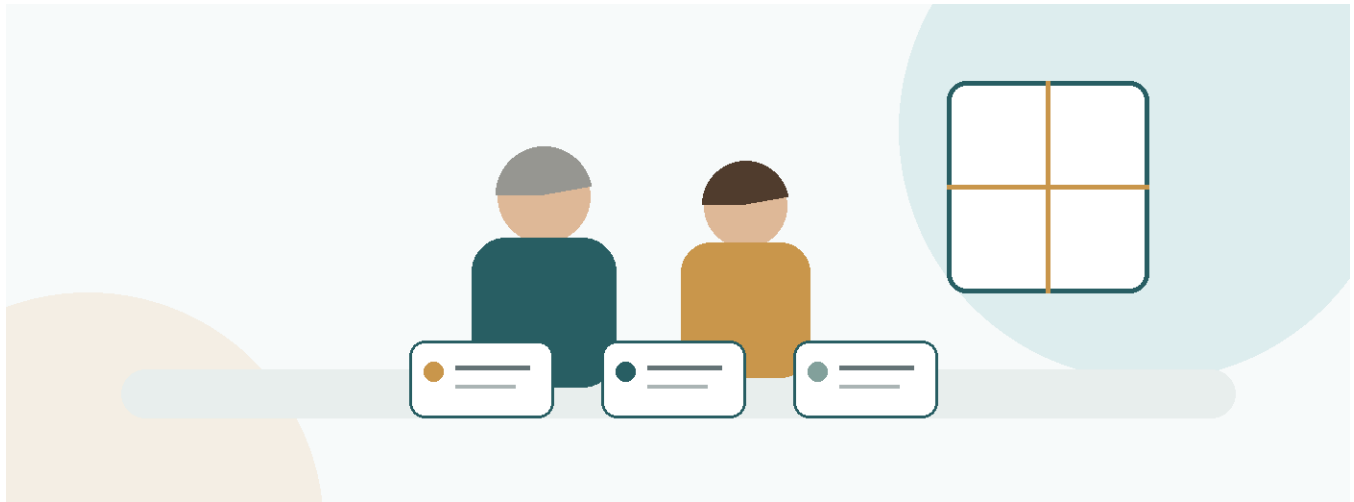


Don't Try to Solve Everything at Once

Choosing the first few priorities when caregiving feels overwhelming

GUIDE 5

Warm, practical guidance
for adult children & families



A warm, practical guide for adult children and families

You are allowed to start small

When several problems appear at once, families often try to fix all of them immediately. That can create exhaustion, conflict, and rushed decisions.

A more sustainable approach is to choose the first few priorities and work through them one at a time.

Make one master list

Write down every concern without trying to solve it yet. Getting the worries out of your head and onto paper can make the situation feel less chaotic.

Sort the list

DO NOW — safety concerns or issues that need immediate professional attention.

DO SOON — problems that are disrupting everyday life and should be addressed in the coming days or weeks.

LATER / WATCH — improvements that would be useful but do not need to be solved first.

Pick the top three

Ask: Which three problems are creating the greatest risk, stress, or disruption for my parent right now?

For example: reliable transportation, missed medical appointments, and groceries may matter more this week than reorganizing every legal document or researching future housing.

Define one next action

A priority becomes easier when it has a next step.

Instead of “Fix transportation,” write “Call the local senior transportation program Thursday.”

Instead of “Figure out Mom’s doctors,” write “Ask Mom if we can make a list of her current doctors and appointments.”

Revisit the list

As one issue becomes manageable, move to the next. New needs may appear. Priorities can change. A support plan should be flexible rather than perfect.

ROLAND'S TAKEAWAY

“You do not need to solve your parent's entire future this week. Solve the next important problem, then keep going.”

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>
- **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/>