

Aging Family Members

Aging families need to learn how to manage transitions together. However, aging families are not by definition “teams.” Often family members need to address unarticulated assumptions about their own multiple roles in the family, e.g., as parent and aging spouse, or as adult child and parent.

Keep channels of communication open

Ways to work together to come to a solution

- Stick to talking about yourself (no blaming)
- Stay specific and address one topic at a time
- Be kind, positive and look for good solutions and good efforts
- Talk less and listen

Ways to reduce stress levels when caring for aging family members

- Put yourself first sometimes-Delegate and find others to help if having too much of the caregiver burden is getting you down.
- Know your own limitations- Admitting this to ourselves is both healthy and necessary.
- Forget trying for praise, appreciation or recognition of a caregiving job well done when our parent has dementia-
- Do a good job for your own sake and because it's right, not because you have to have your parent's approval
- Love yourselves for trying- you need to appreciate our own efforts.
- Take breaks.

10 Tips for caring for Aging parent or Family Member

1. Think very carefully before quitting a job to help a parent. Gaining time may be offset by not only your loss of current income but also damage to your retirement savings. If you leave work, what are the odds of finding work in the future? Would your job skills still be attractive to prospective employers if you didn't work for several years?
2. Would you lose other helpful benefits if you left your job?
3. Make a caregiving budget.
4. Explore free or low-cost public benefits.
5. Learn about Medicare and Medicaid.
6. Understand the costs of keeping your parent in their home..
7. Consider professional help.
8. Watch out for financial scams.
9. Have "the conversation." Make sure you understand what your parent wants are, should you wind up with the legal power and responsibility to make decisions for them. This conversation may be uncomfortable for both of you, but it is essential. If you don't know the ins and outs of a power of attorney, a living will, or a healthcare proxy—and few people do—find an eldercare expert or attorney to help.
10. Make your own retirement plan.

Possible Health Issues for Aging Family Member

1. Arthritis
2. Heart Disease
3. Cancer
4. Respiratory Diseases
5. Alzheimer's Disease
6. Osteoporosis
7. Diabetes
8. Influenza and Pneumonia
9. Falls
10. Substance Abuse
11. Obesity
12. Depression
13. Oral Health
14. Poverty
15. Shingles