

Sana Senior Solutions Inc.

sanaseniorsolutions.com



Let's Talk!

"Aging with dignity and grace through the end of life"



Here are some tips to starting the conversation of care:

PREPARATION

Organize your thoughts, and write them down. Remember there's no right or wrong. Keep in mind the important points and considerations:

- *Safety
- *Independence
- *Socialization
- *Etc

PARTICIPATION

Decide who will be present for the conversation. Include the appropriate parties without letting your loved one feel bombarded or bulldozed. Make sure your loved one feels heard. Not everyone has to agree to be heard.

LOCATION

Location, location, location!

Set the stage. Think about where the conversation will take place. It should be in a calm setting, quiet enough where everyone can hear well and focus. The location should be comfortable for all parties, especially your loved one.

COMPASSION

Let your loved one know you care. Take into account how they feel. Try to put yourself in their shoes. One day this could be you. How would you want to be treated? And remember, how we treat others teaches others how to treat us.

RESPECT

Aging is a courageous journey. Honor that. Always show kindness, and remember your manners. Try to keep an open mind. And be a good listener. Let them talk, and really listen even if you don't agree. Everyone deserves to be heard.

PRACTICE

Practice, practice, practice!

Review your preparation notes. (see some of the ice breakers on the other side of this flyer) Practice the conversation in your head. Practice it out loud. If you're anxious, practice with a family member or close friend.

Here is the reason why
WHY CHOOSE US



Our solutions are designed to address the unique needs of our seniors and their loved ones. We offer a range of resources and tools to help caregivers navigate the journey while taking care of themselves.

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Here are some ice breakers to start the conversation of care:

THE TALK

Talking to aging loved ones can be tough. The anticipation of the battle between concern, and pride can be overwhelming. Take a deep breath. Try to remember to be patient, and that there will likely be more than one conversation. But, it's always better to start, have the conversation, and a plan before a crisis occurs. Try the tips on the other side of this flyer, and the ice breakers below.

"Often it seems too early, until it's too late."

ICE BREAKER #1

Use storytelling.

Pick a story about an aging family member or friend. Mention how you thought it was going well, or not so well. You could start by saying something like "You know, we never really talk about things like this. It would give me peace of mind to know there's a plan in place if we need it."

ICE BREAKER #2

Use concern.

Let them know you care about them, and you're worried. You could say something like "I noticed doing (fill in the blank) is taking more time and energy from you. Is there anything I can do to make that easier for you? Let's talk."

ICE BREAKER #3

Use admiration.

Let your loved one know you admire how they've managed retirement and aging. Let them know you want to learn from them. And ask them for advice on what has worked for them, and what to look out for.

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