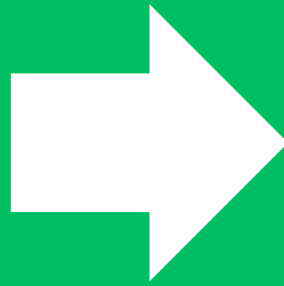




# Conversations about change with seniors

**Pro-active  
Conversations**



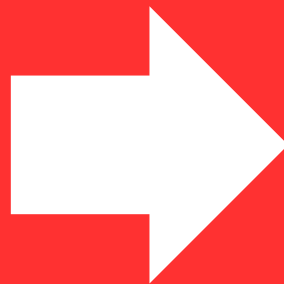
Curiosity, getting on  
the same page

**Guiding  
Conversations**



Curiosity, guiding to  
their values/goals

**Safety  
Conversations**



Being clear,  
providing options,  
having empathy

## 5 QUESTIONS TO ASK

# A loved one about their desired aging process

1

Have you thought about whether you want to be proactive or reactive with the aging process?

2

What is the most respectful way I can let you know if I notice changes in you?

3

What are your concerns about aging and getting older?

4

How can I best support you as you navigate these changes?

5

We all only have so much time left on this earth, are there certain things you want your life to be filled with?

6

If a health crisis occurs, and you can't live at home anymore, What are your wishes? How can we fulfill your wishes?

## TIPS TO GUIDE YOUR COMMUNICATION

with a loved one about the aging process

**Support their  
Autonomy**

**Put yourself in their shoes with  
Empathy**

**Assume  
Positive**

They've already been thinking about this

**Be  
Curious  
about their thoughts & ideas**

**Remind them they have  
Choices**

**Example:**

**This is your life, you are in the drivers seat. It's hard to imagine the changes that are coming your way. That's overwhelming. But you've already thought about how things might look a year from now. What ideas do you have on how we can best support you? Because this is your life and you get to choose what works best for you.**

## 5 QUESTIONS TO ASK

# A loved one about their desired aging process

1

What concerns you, about some of the changes you're having? And what concerns you, about not making any changes to adjust to your new normal?

2

How do you want me to handle any concerns I, or others, have about your situation?

3

You have lived a full and vibrant life. You've navigated life making really great decisions. What ideas have you had about how to navigate the aging process?

4

You have thought a lot about your life and how you want to spend your time. How can we best support your goals as you age?

5

What changes/have you noticed any changes in yourself? How do you plan to adapt your life knowing these changes are happening?

**TIPS TO GUIDE YOUR COMMUNICATION**

with a loved one about the aging process

**Support their  
Autonomy**

**Remind them they have  
Control**

**Ask about their  
Values**

**Be  
Curious  
about their thoughts & ideas**

**Remind them that you  
Support them**

**Example:**

**This is your life, you are in the drivers seat. It's hard to think about your body changing. But you've already thought about how things might look a year from now. What ideas do you have on how we can best support you? We want to support you the best we can.**

## 5 QUESTIONS TO ASK

# A loved one about their desired aging process

1

**This situation is unsafe. We(or I) want to ensure you stay safe moving forward. What do you think about this option or this option?**

2

**\*This situation is unsafe. We (or I) want to ensure you stay safe moving forward. X is an option to keep you safe. How would you like us too proceed?**

3

**Your doctor has suggested X. What do you think?**

4

**Safety is important. Moving to a Senior Living community would keep you safe. How do you feel about that idea?**

5

**We want you to be safe & happy. You've talked about X & Y. How can we support you from here?**

## TIPS TO GUIDE YOUR COMMUNICATION

with a loved one about the aging process

**Explain the  
Situation**

**Set the  
Boundary**

**Put yourself in their shoes with  
Empathy**

**Provide  
Options**

**Check in  
On how they feel**

**Example:**

**You accidentally set fire to your house. I need to ensure you stay safe. Your home is all you've known. It seems impossible to leave it. Your doctor suggested Hiring in Home Care or Moving to Assisted living. Do you have a preference?**