

It's time to talk.

Themes for Family Conversations.



generational
conversations™

You're ready to talk.

Now, where should you begin?

Our mission is to prompt and support conversations between adult children their elder parents that forge proactive agreements for Care Management, Housing Options, Financial Continuity, Legal Strategies, and Security. These difficult conversations are generally avoided; leading to pressured decision-making in a time of crisis. We created *Themes for Family Conversations* as a catalyst to engage your family in this important process.

Housing Options

Elders often say that they would like to stay in their home as long as possible.

Are parents eating healthfully? Are you able to cook and keep a clean house? Can you maintain an active social life, get adequate exercise? Have reliable transportation?

Hospitalization often results from a fall or accident at home.

Have you performed a Home Safety Assessment? Are there handrails at every step? If there is a fall or medical emergency, is help nearby? Can you alert first responders?

Care Management

Almost 20 million unpaid caregivers are women between 45 & 60.

When you come home from rehab, who will provide care? What about a chronic condition? Have you or would you suspend your career to care for parents? How will you balance the impact on your family? Who will coordinate outside caregivers or assist with daily activities like bathing and dressing?

Is there a valid Healthcare Directive?

Do children know whom you wish to manage your care?





Financial Continuity

Do you have a comprehensive list of accounts, titling and beneficiaries?

Is there a Financial Plan? Is there a list of financial and tax advisors, websites and passwords? Does your executor/trustee have a safe deposit box key and pre-arranged access? Are there Real Estate holdings or businesses requiring management? Have you named an Alternate Addressee for utilities and insurance premiums, etc.?

Who will step in to handle daily money management and investment decisions?

Do your children know whom you wish to manage your finances? Do they know whether they may need to help you with financial support? Will you provide financial support to a loved one providing unpaid care?

Legal Strategies

Without formal Advance Directives a patient may be moved up to three times in their final weeks.

Have you reviewed Wills, Trusts, Powers of Attorney and Healthcare Directives? Have you informed your Executor, successor executors and trustees? Do you have a current wealth-transfer plan? Do you have children or grandchildren with Special Needs? Is there a trust for them? Have you completed a Physician Orders for Life-Sustaining Treatment (POLST) form?

Memory

40% of spouses predecease their loved one with memory impairment.

Delaying professional care is human but creates family conflict. Will you give yourself permission to explore home care, adult day care or seniors housing?

If one spouse needs assisted living or memory care, the other can live semi-independently.

Have you explored local services and the cost difference versus maintaining a home?

Security

Elders are increasingly a target for scams and attempts to steal personal information.

Have you taken precautions to protect your internet activity? Can you recognize a Phishing email? Have you explored freezing your credit? Do you have a monitored home alarm? Will a loved one be notified of an incident? Do you have a medical ID bracelet, or your health information in your cell phone?

Driving

Most elders concede to quit driving after one or more automobile accidents.

Can your family agree in advance on criteria to stop driving before a serious incident? Some Occupational Therapists are certified to conduct a Comprehensive Driving Evaluation.

Plan together.

Start the conversation today!

404-941-2800



Let's start talking!

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