THE TALK · PART 8 · FREE PRINTABLE

Checking In Every Few Months

The talk keeps going as things change. Sit down together every few months, and let your mom or dad lead.

What's working

What's gotten harder

Something new they enjoy

Changes to the plan

And you?

How am I doing?

When did I last get a real rest?

Who could help more?

While things are good: the bigger wishes

If they can't decide for themselves, who do they want to?

What matters most to them about their care?

Where do they want to be?

It's theirs to decide, while they can. An elder law attorney can help with the paperwork.

Some things can't wait

Sudden confusion, over a day or two or even a few hours, needs medical attention right away. Call their doctor now. If you can't get through, get them seen today, at urgent care or the emergency room. A fall with an injury, or signs of a stroke (a face that droops, an arm that's suddenly weak, slurred speech): **call 911.**

Our next check-in:

General education for families, not medical, legal or financial advice.