

# Conversations about Caring for Aging Parents Guide

These questions offer a guide for children (or caregivers) and parents (or the cared for) to engage in a conversation to plan transitions. It helps to choose a quiet space where you may be fully present to share openly, engage with empathy, and listen with love. Please refer to the Naming Needs\* list for further guidance.

1. What values are most important to you?
2. What does each parent need or wish for in the areas of:
  - a. Living in own home/assisted living/skilled nursing, etc.
  - b. Health care and medical/holistic care wishes
  - c. Driving/Transportation and independent activities
  - d. Connection with family/friends/social activities and connections
  - e. Celebration of Life/Funeral/Eulogy
3. What does each child wish for and need?
4. What does each sibling wish for and need?
5. If a parent needs safety, what are some possible ways for safety to be maintained?
6. If a parent needs support, what are some possible ways for a parent to feel supported?
7. If a parent needs connection, what are some possible ways to keep a parent connected?
8. If a parent needs freedom, what are some possible ways to provide freedom?
9. What ways of meeting a parent's needs most align with each parent's wishes?
10. What ways of meeting a parent's needs most align with each child's wishes?
11. What are the pros and cons of each way of providing for those needs in a particular way?
12. What are the pros and cons of not providing for those needs in a particular way?
13. In what ways is each child/sibling willing and able to help provide for each parent's needs?
14. In which ways will each child/sibling support their sibling(s) in providing for each parent's needs?
15. In what ways is each sibling willing and able to help provide for their siblings needs?
16. What other resources/people are available to support each of you?
17. What criteria do you wish to use in future decision-making? (Ranking the values)
18. What would each of you love?
19. Who is each person willing to be during the transition?
20. What does each person value and appreciate about each person in this conversation?

\* <https://brucknermediation.com/peacebuilding-tools/>

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