

Planner

How to Talk to Your Siblings About Your Parent's Care

Use this page to help organize your family's initial meeting. As you work through this guide, keep in mind that this is not exhaustive and should be used as a starting point.

Plan a family meeting

Who should attend	Availability	Remember <ul style="list-style-type: none">• Let everyone know the topic at hand. Try to include everyone.• Schedule a meeting at a place and time that is convenient for all.• Consider video calling to accommodate family who lives far away.
_____	_____	
_____	_____	
Meeting location		

Talk with your parent

What parent wants	What parent doesn't want	Remember <ul style="list-style-type: none">• Ask what he or she wants directly, but delicately.• Let their response help influence your next steps.• Weigh the pros and cons of each potential decision. Conversation starters <ul style="list-style-type: none">• Are you okay with an in-home care provider?• What are some things you think you could use help with?• Do you feel safe by yourself?• What living scenario do you think is best for you right now?
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Share helpful info and examples

Incidents and dates	Changes I've noticed	Remember <ul style="list-style-type: none">• Illustrate the current state of affairs with objective proof. Gather pictures, hospitalization records, video, etc.• Document incidents or things that concern you.• Consider sharing how caregiving has affected you.
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Guide

How to Talk to Your Siblings About Your Parent's Care

Use this page to help guide the discussion about your parent's care during your planned meeting. Be sure to communicate clearly and factually.

Write down your talking points to keep the discussion focused

Document your family's concerns, thoughts and feedback

Meeting notes

Invite everyone to express their thoughts and listen without interrupting. **Remember the goal: the health and happiness of your parent.**

Gentle reminder

Express gratitude to your siblings and family members for the help they are willing and capable of offering. Accept and forgive them for the support they cannot provide.

Write down caregiving tasks others can help with

Task

Name

Task	Name
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Ask for help while managing your expectations. Be direct. Be clear. Most of all, be prepared. Consider discussing emotional support as well. **Be open if anyone has other solutions.**

Gentle reminder

Remain optimistic. This may be the first of many discussions, so don't shut down after the first sign of resistance. Save this document for future reference.