

Caregiving 101 Tips: Talking to Your Parents

Clear and effective communication is vital as your parents age and need help from you. Unfortunately, successful communication is also one of the most difficult tasks.

Assumptions: Many things can interfere with of good communication. Two of the biggest stumbling blocks are the assumptions made by both you and your parents about each other:

Your Assumptions about your Parents:

You might think you know what your parents need and want, and what is best for them. These assumptions may prevent your really hearing what they have to say.

Your Parents' Assumptions about You:

Your parents might think that, since they are your parents, they know everything about you and your needs and wants. These assumptions can keep them from really listening and understanding what you have to say.

Assumptions on both sides can prevent clear and concise communication, and may even result in arguments, anger and resentment. Most importantly, discuss critical issues early, while they are still mentally sharp. More information on this topic is in our web site: <http://www.lcsnw.org>.

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