

How to prepare an ageing parent for Aged Care

Conversation do's and don'ts

Do:

- **Choose the right time and setting:** Find a quiet, comfortable space to talk, and make sure you have enough time for a thorough discussion without feeling rushed.
- **Express your concerns gently:** Start by sharing your love and concern, focusing on specific observations that have led you to believe they might need additional support.
- **Involve them in the decision:** Make it clear that this is a joint decision. Ask about their preferences and priorities for their living situation and care.
- **Be informed:** Before initiating the conversation, do some research on Aged Care facility options so that you can answer questions and provide information as needed.
- **Show empathy and understanding:** Acknowledge that this is a significant transition and it may bring up a range of emotions. Be patient and give them time to process and share their feelings.

Don't:

- **Be patronising:** Avoid talking down to your parent or making them feel like they're not capable of making their own decisions.
- **Make assumptions:** Don't assume you know what's best for them without their input. Ensure their voice is heard and their preferences are taken into account.
- **Avoid the topic:** While it may be a difficult conversation, avoiding it can lead to greater issues in the long run. It's important to address the subject head-on.
- **Rush the conversation:** Don't try to cover everything in one go if it's not going well. If needed, take a break and come back to the conversation later.
- **Focus only on the negative:** While it's important to address the challenges and concerns, also highlight the positive aspects of Aged Care services, such as increased support, community, and activities.