CaraVita Home Care

The Family Conversation

Holiday visits often reveal changes we can't see over the phone: mail piling up, a less-stocked fridge, a parent who seems less steady or more forgetful. Noticing is the first step. Talking about it, with love and without pressure, is the next. This guide helps you capture what you've seen, prepare for a calm conversation, and keep the door open if it takes more than one try.

How to use this guide: Check each item you noticed or completed. Bring this page to your family conversation so you can share specific observations, not general worries.

1 What You Noticed During Your Visit

- [ ] Mail, bills, or appointment reminders are piling up or going unopened.
- [ ] The fridge is nearly empty, or food is spoiled or past its date.
- [ ] The home is less tidy than usual (dishes, laundry, or clutter building up).
- [ ] Getting up from a chair, using the stairs, or moving around seems harder.
- [ ] Medications seem missed, doubled up, or confusing to keep track of.
- [ ] There are new dents or scratches on the car.
- [ ] They've pulled back from friends, church, or activities they used to enjoy.
- [ ] They repeat stories or questions, or forget recent conversations.

2 Before You Talk

- [ ] I've written down specific examples of what I noticed (not general impressions).
- [ ] I've talked with my siblings so we share the same concerns and goals.
- [ ] We've agreed who will lead the conversation (one or two people, not everyone).
- [ ] I've learned the range of home care options, from a few hours a week to more.
- [ ] I've chosen a quiet, private time to talk, away from the holiday table.

3 Conversation Starters That Work

✓ Open the door gently

"I noticed a few things this visit that I wanted to ask you about. Is now an okay time?"

✓ Ask, don't tell

"What would make your day-to-day a little easier right now?"

✓ Focus on staying home

"I want you to be able to stay in this house as long as you want. What would help with that?"

✓ Share your why

"It would give me real peace of mind to know someone was checking in when I can't be here."

Tip: That last one matters. Many parents who resist help for themselves will accept it when they see it helps their children, too.

4 Words That Help

INSTEAD OF SAYING...	TRY SAYING...
"You can't live alone anymore."	"I worry about you when I'm not here. Can we talk about what would help?"
"You need help."	"How are you managing the cooking and errands these days?"
"We've decided to hire someone."	"What would you think about trying a little help, just a few hours a week?"
"You're getting forgetful."	"I noticed the bills from last month on the counter. Want to go through them together?"

If They Say "No," That's Okay

Resistance is normal and usually comes from fear of losing independence. A "no" today isn't a "no" forever.

- **Respect their feelings.** Acknowledge that this is hard to talk about.
- **Suggest a trial.** A few visits over the holidays can lower the stakes.
- **Give it time.** Let the idea settle, then come back to it in a few weeks.
- **Invite a trusted voice.** A doctor, pastor, or old friend can sometimes help.

Our Family's Next Steps

Who will lead the conversation: _____

When we'll talk (and follow up): _____

Questions we want answered: _____

_____

Ready to take the next step together?

Our in-house clinical team can help you understand your parent's needs. Since 1998, our family has cared for families across Metro Atlanta. We're happy to talk, even if you're just getting started.