



**Eldercare
Services**

EXPERTISE MATTERS

Accredited by The Joint Commission



Toll-free: (866) 760-1808

Website: www.EldercareAnswers.com

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NEWSLETTER

ABOUT OUR FOUNDER

Linda is a Licensed Family Therapist and Certified Care Manager. She has been a Geriatric Care Manager since 1984 and started her private practice in Walnut Creek, California in 1989. Eldercare Services is now a full-service geriatric care company, employing over a dozen Professional Geriatric Care Managers and more than 200 employees, serving the San Francisco Bay Area for over 25 years.

Linda Fodrini-Johnson
MA, MFT, CMC
Founder &
Executive Director



“Mom is 84 and she resists every suggestion I make! What do I do?”

Do you storm into Mom or Dad’s house with all kinds of reasons why she or he needs to either move or hire help? If you do, you are not alone. About 50% of loving adult children are faced with resistance in these situations. “Why”, you ask? “They want to stay in their own home, but they won’t listen to one suggestion I make”.

There is something we in the fields of psychology and care management call “filial maturity.” A simple definition of this phrase is that when we have reached the level of filial maturity, it means we interact with one another as “adult to adult” and not in a “parent-child” manner. If you look to your parent for advice, financial support and acceptance, you might not have reached this level of maturity. If your parent will not listen to your sound advice and recommendations, it could be that they still view you as little “Johnny” even though you are a corporate attorney - so they have not reached this level of maturity.

One other interaction that can get in the way of inter-generational communication is when we interact with our parents as if we were their parent and that brings about resistance as well. This can happen with the most impaired elder who views you as stepping outside your role - so preparing and having a strategy will help you be more successful in these conversations.

The following three suggestions might give you results that are both pleasing to you and/or Mom and Dad:

- 1)** Always bring up your suggestion as an “I” message. Such as, “Mom, I am concerned about you; it looks like you are losing more and more weight.” Instead of, “Mom you have to move to some place that cooks your three meals every day.” Or, “Mom, we are going to hire a cook for you.”
- 2)** Ask your parent what is wanted if an accident or illness happens in the future (even if you think changes are needed now). This will give you an opportunity to explore options - like visiting assisted living communities or interviewing caregiving agencies for the “what ifs.”

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3) Hold a family meeting with all the children and the parents with the intention of listening to everyone's concern about Mom or Dad. This is often best done with the help of a professional skilled in counseling and/or resources for elders in your community. My peer Professional Care Managers and I do these frequently. Families can hold their own meetings if there are no real conflicts or great differences of opinions. Be sure everyone has a chance to voice their concern, without others interrupting, before you start talking about solutions or options; give the parent equal time to speak up if able to so.

Loving and caring for an aging parent that is having health, environmental or emotional changes can be a challenge, but it can also be a time of closeness, respect and closure. Most of us would say that what is most important to us is our relationships, so, when you have a loved older family member, we need to remember the underlying and always-present fear is the grief we will experience when he or she is no longer part of our lives.

Using a Care Manager to assist you with these conversations can be a life saver and a life changer for everyone in the family. A little time spent in planning before a crisis can allow everyone to have peace even at a trying time. Safety and quality can be part of your goals; our skilled, professional Care Managers are able to help you when you get frustrated with suggestions that go unheard. In addition to Home Care and Care Management, Eldercare Services also offers classes, counseling and support groups, including our free monthly group "Caring for an Aging Family Member", held the second Thursday of every month at 6:00PM in Walnut Creek.

For more information or to schedule a complimentary professional assessment, call **(866) 760-1808** or visit our website at **www.EldercareAnswers.com**. Eldercare Services has been making a difference in the lives of Bay Area families for over 25 years...and we can help your family, too.

MONTHLY SUPPORT GROUP

Caring for an Aging Family Member

Addressing the fears of Alzheimer's disease and other issues associated with aging.

Walnut Creek Group

2nd Thursday of every month 6–7:30 pm

Eldercare Services, Walnut Creek

No fee and no registration necessary*

