



My Aging Parent Starter Kit

MEMORY, HOME SAFETY, AND HARD
CONVERSATIONS

Memory



5 SIGNS OF MEMORY LOSS

- Repeating Questions or Stories
- Misplacing Familiar Items
- Trouble Following Conversations or Tasks
- Confusion About Time or Place
- Personality or Mood Changes/ Withdraw and Isolation



SOLUTIONS

- **Establish a Daily Routine**
- **Use labels, color coded drawers and sticky notes** as reminders
- **Engage the Brain daily** with social engagement, puzzles, music, discussing current events etc.
- **Prioritize Sleep, Nutrition & Hydration**
- **Involve a Professional Early** Speech Pathologist, Neurologist, Aging Specialist, Memory Clinics

FUTURE PLANNING

- **Create a Memory Care Plan** Early do not wait for a crisis, talk about your parents wishes early.
- **Organize Legal & Financial Documents** Power of attorney, Advance Directive, and Will
- **Build a Support Team** Medical Doctors, therapists, and trusted family members and friends
- **Explore Community Resources** Bingo, Wellness Programs, Senior Programs

Home Safety Checklist



IS YOUR HOME SAFE FOR AGING?

As your parent ages, even familiar spaces can become challenging to navigate. Stairs, poor lighting, or cluttered walkways may increase the risk of falls or limit independence. Taking time to notice these subtle changes can help you create a safer, more comfortable environment that supports aging with dignity.

SOLUTIONS

- **Clear Pathways:** Remove clutter, excessive furniture, cords, and loose rugs from walking areas to prevent tripping.
- **Bright Lighting:** Ensure all rooms, hallways, and stairs are well-lit, and add night-lights for evening visibility.
- **Bathroom Safety:** Install grab bars and shower chair or seat, use non-slip mats, and keep essentials within easy reach.
- **Sturdy Support:** Check handrails, chairs, and furniture for stability — avoid items that wobble or slide easily.
- **Easy Accessibility:** Place frequently used items at waist level, and consider a step-free entry or ramp if stairs are challenging.

FUTURE PLANNING

- **Prioritize Physical Health** Encourage regular exercise, balance training, and stretching to maintain strength and coordination — key for preventing falls and staying independent.
- **Schedule Routine Home Assessments** Reevaluate your parent's home safety every 6–12 months or after any health changes.
- **Plan for Accessibility Upgrades** Budget for future modifications like stair lifts, ramps, wider doorways, or walk-in showers to support aging in place comfortably.
- **Stay Connected with Healthcare Providers** Partner with doctors, physical or occupational, speech therapists, and wellness programs to monitor mobility, strength, and cognition — ensuring your loved one can remain safely at home as long as possible.

The Hard Conversations



HOW TO ADDRESS THE HARD TOPICS

You may notice growing tension around topics like **driving, finances, health decisions, or moving**. Your parent might avoid the subject or say, “I’m fine,” when concerns are clearly present. Recognizing these emotional roadblocks is the first step — avoidance usually means there’s fear, loss of control, or uncertainty underneath.



SOLUTIONS

- **Choose the Right Time & Setting**
Avoid bringing up sensitive topics during stressful situations or family gatherings.
- **Lead with Empathy, Not Authority**
Start from a place of care: “I love you and want to make sure you’re safe.”
- **Listen More Than You Speak**
Give your parent space to express their fears, frustrations, or preferences.
- **Use Gentle, Specific Language**
Replace “You need to...” with “I’ve noticed...” or “How do you feel about...?”

FUTURE PLANNING

- **Document Important Conversations**
Clear documentation prevents confusion and ensures your parents voice is honored.
- **Designate Trusted Decision-Makers**
These roles protect your parent’s interests when they can’t speak for themselves.
- **Keep All Key Documents Together**
Create a labeled folder or binder for advance directives, insurance information, and contact lists so they’re easy to access during emergencies.
- **Plan Future discussions**
Your parents wishes can change, make it a yearly discussion to keep up to date for the most current information.



**YOU'RE NOT ALONE ON THIS JOURNEY
CARING FOR YOUR AGING PARENT IS AN ACT OF LOVE —
AND YOU DON'T HAVE TO NAVIGATE IT ALONE.**

**EVERY SMALL STEP YOU TAKE TOWARD UNDERSTANDING,
SAFETY, AND OPEN COMMUNICATION CREATES PEACE
AND CONFIDENCE FOR YOUR ENTIRE FAMILY.**



**STAY CONNECTED
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