

THE FAMILY MEETING GUIDE

WHY THIS MATTERS

- Decisions made in crisis are often reactive.
- Roles are unclear.
- Important voices are missing.
- Stress leads to conflict.

A SIMPLE FRAMEWORK

1. **WHO DOES WHAT?**
   Clarify responsibilities before they become overwhelming.
2. **WHAT ARE THE PRIORITIES?**
   Focus on safety, independence, and quality of life.
3. **WHAT ARE THE RISKS?**
   Address falls, medication issues, and isolation.
4. **WHAT SUPPORT IS NEEDED?**
   Consider a professional care needs assessment.

FAMILY MEETINGS CAN AVOID...

- ✖ Family disagreements
- ✖ Delayed care
- ✖ Increased hospitalizations
- ✖ Caregiver burnout

HOME CARE HELPS

STRUCTURE
Provides clarity around seniors' needs, family roles, responsibilities, and care expectations.

GUIDANCE
Offers professional insight during emotionally charged decisions.

STABILITY
Creates consistency in care regardless of family dynamics.

PREVENTION
Reduces the likelihood of crisis-driven decisions.

NEED HELP GETTING EVERYONE ON THE SAME PAGE?

When families struggle to have "the conversation," a neutral third party can make all the difference.

We're happy to facilitate a family meeting and help create a plan everyone understands and supports.

Caring for you

Spring County

1-202-555-0128