



Aging Parent Conversation Planner

A preparation worksheet to help families talk before a crisis

Part 1 — Prepare Yourself First

Before starting the conversation, take a moment to clarify your own concerns.

What worries you right now?

(Choose all that apply)

- Falls or mobility
 - Driving safety
 - Medication mistakes
 - Missed bills or finances
 - Memory changes
 - Nutrition / spoiled food
 - Isolation / loneliness
 - Home upkeep
 - Hospitalizations
 - Caregiver burnout
 - Other: _____
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What is your real goal?

Not the argument — the outcome.

Complete the sentence:

“I want to make sure my parent can still _____.”

Examples: stay home longer, choose their care, avoid crisis decisions, keep control

Part 4 — Use “I” Statements

Rewrite your concern using “I” language.

Instead of:

“You _____”

Try:

“I feel _____ because
_____.”

Example:

Concern: _____

Your “I” statement: _____

Part 5 — Start Small (Not Everything at Once)

Choose only ONE topic for the first conversation:

- Emergency contact plan
- Medical decision maker (POA)
- Check-in visits
- Home help
- Transportation
- Medication reminders
- Future planning discussion
- Other: _____

Part 6 — Offer Choices

Give options instead of decisions.

Write two choices you can offer:

Option A: _____

Option B: _____

Example:

Morning visit OR afternoon visit

Weekly call OR text check-in

Part 7 — If They Resist

Prepare your response ahead of time:

If they say: “I’m fine.”

I will respond: _____

If they say: “Not now.”

I will respond: _____

If they say: “Stop controlling me.”

I will respond: _____

Part 8 — Plan the Follow-Up

This is not one conversation.

When will you revisit the topic?

Date: _____

Next small step agreed upon (if any):

Family Reminder

- I am not trying to win
 - I am trying to understand
 - My parent needs dignity more than solutions
 - Progress happens over multiple conversations
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After the Conversation — Reflection

How did they feel? _____

How did I feel? _____

What worked well? _____

What should I do differently next time? _____

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Individuals seeking legally binding estate planning or incapacity planning documents should consult a licensed estate planning or elder law attorney in the State of Maine.