



Addressing safety Concerns When a Parent Is In Denial They Need Help

Many older adults value their independence deeply. When safety concerns arise, they often deny needing help - even when incidents show otherwise. This is a worksheet to help with honest, empathetic, and clear conversations.

1

Identify Specific Safety Concerns. Be factual, Not Emotional.

Write down concrete examples of situations that make you concerned for their well-being. This would be falls, leaving the stove on, missed medication, isolation, wandering, unsafe driving and emergency response time.

Specific Risk

Why it matters

How often

2

Use Empathy Before Logic

A defensive parent will not hear facts if they feel attacked. Start with empathy. "I know how much your independence means to you" "We want to honor your wishes while making sure your safe."



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FREE DOWNLOAD WORKSHEET

Link Safety Concerns to Real Solutions and Understanding How a Care Community Can Help.

3

Link Safety Concerns to Real Solutions

Instead of “You need to move” try: “Here’s how a care community can help keep you safe while supporting your independence.” Speak with love and clarity. Don’t try to win the point, rather hold your ground lovingly.

Safety Concern:

How a Community Can Help:

Parents Likely Objection:

Gentle Response:

**Its Important to enlist neutral professionals.
Sometimes hearing it from a doctor, PT or advisor
helps. Document incidents over time to help
illustrate change to prepare for next steps.**



Need help deciding what support looks like?

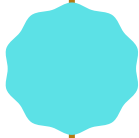


Connect Safety concerns to support, not control

Instead of focusing on what must stop, frame solutions around what will help you stay independent longer.

Helpful reframes to use:

- **Our goal is to help you stay independent longer.**
- **This is not about taking control, this is about adding support.**
- **We want to make sure that help is in place before an emergency forces decisions.**



When Safety Can't Wait: If 2 or more are present, added support is recommended.

- Missed or confused medications
- Unsafe driving incidents
- Wandering, confusion, or getting lost
- Emergencies with delayed response time
- Increased isolation or poor nutrition
- Repeated falls or close calls

