



When family offers opinions instead of help

Move the conversation toward a task the person receiving care actually wants.

A note from Victoria

Unsolicited advice can land hardest when you are already doing the daily work. You do not need to host a debate to ask for useful help.

What to do

Check what the person receiving care wants shared and what help they welcome. Name one practical task, its timing, and any skill required. Invite a relative to take it or to say no clearly. Keep decisions with the person and authorized decision-maker. If opinions turn into conflict, pause the discussion and seek the care team's facts rather than asking the loudest voice to decide.

Words you can use

"I hear that you are concerned. What would help this week is [specific task] on [day]. Can you do that, or should I ask someone else?"

One useful step I can take today:

I could start with: Choose one task that would truly reduce the load, and name the person best able to do it.

The strength I see in you

Redirecting noise toward care is a form of leadership.



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Use this page in your own words. You can leave any part blank.

What help the person welcomes

One task with a day and owner

What I will say if advice replaces action

My next manageable step

A person, service, or place I can turn to (if useful)
