

Family Meeting Conversation Guide



Helping Families Talk About Aging, Housing, and Home Transitions

Full Circle Senior Care Advisors

**Why These
Conversations
Matter**

Protecting Dignity, Preserving Peace of Mind

Having open, honest conversations about your parents' living situation is one of the most important steps you can take as a family. These talks are not always easy, but they are necessary.



Conversation Starters:

- “Mom/Dad, I’ve been thinking about how we can support you as you get older. Could we talk about what’s most important to you right now?”
- “I know this isn’t easy, but we want to make sure your wishes are heard and respected. Can we sit down together to discuss your thoughts?”

Understanding Options

**Aging in Place, Downsizing, or Moving Closer
to Family**

Every family's path is unique. The key is exploring options together and making informed decisions.

Talking Points:

- Aging in Place: Staying at home with support services.
- Downsizing: Moving to a smaller, more manageable home.
- Senior Living Communities: Exploring independent, assisted, or memory care communities.
- Moving in with Family: Creating a shared household with built-in support.

Questions to Ask:

01 What's most important to you — independence, safety, or being closer to family?

02 Would you feel more comfortable in a home that requires less upkeep?

03 How do you feel about exploring senior living communities?

Financial Considerations

Planning with Care and Clarity

Finances are a central part of these discussions, and often the most sensitive. Being prepared eases stress and confusion.



Questions to Explore Together:

- Do you know the current value of your home?
- Would selling your home provide resources to fund care or a move?
- Are there benefits (such as veterans' assistance or reverse mortgages) you may qualify for?
- How can we make sure your financial decisions align with your wishes for the future?

Conversation Starter:

"We want to make sure you're secure and comfortable, and that finances aren't a burden. Can we look at options together?"

Emotional Well-Being

Supporting Parents with Compassion

Change is emotional. Acknowledging feelings and fears is just as important as making plans.

Tips for Families:

- Listen deeply: Let your parent share memories, concerns, and hopes.
- Validate feelings: "I can see this is difficult. Your feelings matter."
- Be patient: These conversations may take time — don't rush decisions.

Helpful Question:

“What are the things in your home or community that bring you joy? How can we preserve those as we plan for the future?”



Taking the Next Step Together

Creating a Plan of Action

Once you've talked, it's important to take small, practical steps forward.

Action Steps for Families:

- 01 Write down your parent's wishes and priorities.

- 02 Research living options that align with those wishes.

- 03 Talk to trusted advisors (real estate, financial, senior care).

- 04 Make a family timeline for next steps.

- 05 Stay connected — schedule regular check-ins to revisit the conversation.

Conversation Starter:

"We've talked about your wishes — let's write them down so everyone is clear. That way, when decisions need to be made, your voice will guide us."

Final Thoughts

These conversations are an act of love. By approaching them with compassion, patience, and clarity, you honor your parents' dignity and prepare your family for a smoother transition.



Contact Us for Guidance

If your family is beginning this journey, you don't have to navigate it alone. We provide compassionate support, practical options, and clear pathways for your family's next chapter.

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