



Make Festive Season Conversations Matter

It's more than prawns and pavlova. The festive season brings families together from near and far. If you notice signs that an older family member is experiencing the declines of ageing, be observant and take the opportunity to start a conversation.

As the year flies by, it's easy to miss subtle changes in your loved ones or perhaps when coming together in the festive season after some time apart, you notice signs of decline in an older family member.

While we may want to avoid difficult conversations, waiting until a crisis - such as a fall or confusion over simple tasks - can lead to rushed, emotional decisions that may not be the best for everyone involved.

The festive season presents an opportunity to gently start later-life planning conversations. By addressing potential needs now, future planning becomes a gradual process, and accepting help feels more natural rather than a sudden, overwhelming admission of an inability to cope.

This approach might be the first step to offering your loved one a greater sense of control over their future. Control helps them maintain independence, feel valued, and alleviate some of the daily challenges they may face. It can also reduce pressure on the whole family.

Tips for starting the conversation

The festive season may be one of the few opportunities when the whole family is gathered together, making it an ideal moment to have important family discussions. But how do you bring up a sensitive topic without being the grinch who puts a dampener the festive mood?

- Be observant for signs that your loved one may be struggling.
- Choose a quiet, private setting to discuss their concerns and preferences.
- Encourage them to invite other trusted family members into the conversation.
- Ask for their permission to start researching and planning options for their future needs.

The key to success is planning—and planning early leads to the best outcomes.

How we can help

If the thought of having this conversation feels overwhelming, we're here to help. Our team can provide guidance and act as a neutral voice during what can be an emotional discussion, helping to ease tensions and keep the focus on planning for the future.

When the time comes, we can assist with helping you understand the costs of aged care, how to best cover those costs and reduce fees, and the process involved.

Make an appointment today to discuss your options and the actions needed to be taken.

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