



Your “What’s Next” Toolkit

Future-Proofing Your Loved One’s Independence



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Making hard conversations a little easier.

Growing older isn't always easy. And for some of us, talking to our loved ones about life changes as they age can be nearly as difficult. But does it have to be? And should you wait for an emergency to be the reason to start talking?

We don't think so. Making decisions, understanding choices, and sharing wishes are all important for your loved one and for you. In this toolkit, you'll find helpful tips for starting those conversations and tools to help you and your loved ones plan for a better "what's next."

Begin with their needs in mind.

Talking to older loved ones can be challenging, but remember that these conversations are about helping them maintain their independence and quality of life. Whether discussing in-home help or finances, the goal is to empower them to stay safe, healthy, and in control as they age.

When is the right time to talk?

The standard rule of thumb is to start having conversations when your parents are around

70 YEARS OLD.

Your roadmap to a meaningful discussion.



When you choose to have the conversation, try these tips to help you conduct it with confidence:

01 **Make a plan.**

- Review what you need to discuss beforehand to help you stay focused during the conversation. See our Action Plans for more.
- Involve the right people, such as siblings, grandchildren, and anyone involved in their care.
- Focus on the positives and how the right care can enhance their quality of life.

02 **Pick the right time and place.**

- Select a location that creates a relaxed atmosphere.
- Choose a day and hour that gives you time to talk without distractions.
- Be flexible. You might need to have more than one conversation.

03 **Listen with an open mind.**

- Be patient and encourage them to chat.
- Take the time to really listen, restating what you hear.
- Don't interrupt or cut them off.

04 **Make it about them.**

- Be clear that the conversation is about supporting their independence.
 - Ask how they're managing and what they're feeling.
 - Take their wishes into consideration.
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The Benefits of Home Instead

Accepting help can be hard for our loved ones, but if you go into the conversation equipped with solutions that can actually enhance quality of life, the outcomes may be better than you hoped. In-home care options from Home Instead are designed to do just that.



COMFORT

They can remain at home, surrounded by their own possessions and memories.



COMPANIONSHIP

Our Care Pros build meaningful connections, helping reduce loneliness and isolation.



PERSONALIZED SUPPORT

We establish care that's unique to their needs and challenges.



INDEPENDENCE

From a ride to card night to help with dinner, their daily routines stay routine.

Our Home Care Services

Home Instead offers a wide range of care services tailored to meet your unique needs.

- Personal Care
- Alzheimer's and Dementia Support
- Chronic Condition Support
- 24-Hour Care
- Hospital-to-Home Care
- End-of-Life Care
- Respite Care
- Companion Care



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