



CARE PLANNING GUIDE

Steps to Guide Your Family in Planning for a Loved One's Care

Use this checklist to prepare for the discussion with your family or siblings about your loved one's care.

- Begin with shared observations**
Ask what everyone has noticed lately about your loved one to foster shared understanding before offering solutions.
- Choose an appropriate time and place**
Plan for a calm, private moment—or use a video call. Avoid holidays or stressful gatherings.
- Provide specific examples**
Share concrete examples (e.g., “Dad forgot to pay bills twice this month”) instead of vague statements (e.g., Dad seems off).
- Respect different perspectives**
The family member who lives nearby might notice daily struggles, while others see changes only during visits. Validate all viewpoints.
- Center the conversation on your parents' wishes**
Keep dignity and independence at the forefront. If they want to age at home, planning early makes that possible.

REMEMBER

Planning ahead decreases stress and helps families make careful decisions before a crisis occurs.

Sage ElderCare Solutions is here to help you with these challenging discussions and recommend options that will honor your loved one's wishes.



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