



## FAMILY AFFAIR: FIND SOLUTIONS TOGETHER

As parents age, maintaining open communication among siblings and family members becomes paramount when addressing physical or cognitive decline. Whether a sudden event or progression of an existing condition, keeping everyone informed fosters unified support and reduces stress.

### POTENTIAL CHALLENGES:

- Geographical separation limits direct caregiving involvement
- Differing perspectives on the loved one's condition
- Varying levels of participation or denial among family members
- Disagreements surrounding care options
- Financial implications of certain care choices
- Disproportionate responsibilities for the locally present caregiver

### CREATING A COHESIVE FAMILY STRATEGY:

- Arrange a family discussion involving parents and all siblings
- Share relevant information openly and compassionately

- Allow each person to express their viewpoint
- Explore care options and associated financial considerations
- Identify potential obstacles with each approach
- Designate family members to thoroughly research viable options
- Once a decision is reached, outline a realistic plan aligning with each person's capabilities
- Determine who will manage financial matters or contribute
- Assign a primary contact for seamless communication with care providers

Through open dialogue, mutual understanding, and clearly defined roles, families can unite in supporting their loved ones with dignity while navigating this transition together.



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