

Exercise – Identifying Solutions to Support Choice and Preferences

Throughout this course, you have had several opportunities to gain more understanding regarding your older parents' needs and preferences. Every caregiving situation is unique. Many factors come into play when considering the best possible solutions about your parents and their future. These factors may include: your parents' health and functional abilities, mobility, values and beliefs, and family and community support systems.

In this exercise, we provide several questions for you to use as a framework to "interview" your parents regarding their choices and preferences for their future. This exercise is broken into two parts. Please complete all of Part 1 before moving onto Part 2.

Part 1

Prior to talking with your parents, please fill out the first column of the exercise which asks you to identify what you think would be the best solutions for your parents. Then interview one or both of your parents and record their responses in the second column. Do not tell them your responses at this point so as not to influence their thinking. Finally, in the third column, answer the questions according to what you would want for yourself as you get older.

Part 2

Look back at what you documented for each column and compare your responses to your parents' responses.

Part 1. Respond to the questions in column 1 before moving onto columns 2 and 3.

<u>Column 1 (complete this column first)</u> Answer these questions from your own perspective as to what you would like to see for your own parents.	<u>Column 2 (complete this column second)</u> Interview one or both of your parents and record their perspectives (do not share your comments from column 1).	<u>Column 3 (complete this column last)</u> Answer these questions about what you would like for your own life.
1. What would give your parents the best quality of life?	1. What would give you the best quality of life?	1. What would give you the best quality of life when you are older?
2. What would give your parents meaning and purpose in life?	2. What would give you meaning and purpose in life?	2. What would give you meaning and purpose in life when you are older?
3. What would preserve your parents' ability to make daily choices the most?	3. What would preserve your ability to make daily choices the most?	3. What would preserve your ability to make daily choices the most when you are older?
4. How can your parents have the most of what they enjoy?	4. How can you have the most of what you enjoy?	4. How can you have the most of what you enjoy when you are older?
5. What other family/friends can be part of the solution for older adult issues?	5. What other family/friends can be part of the solution for older adult issues?	5. What other family/friends can be part of the solution for issues when you are older?

Part 2. Look back at what you documented for each column and compare your responses to your parents' responses.

Do you find similarities among columns 1 through 3?

Do you find differences among columns 1 through 3?

What is most surprising to you in do comparing responses among columns 1 through 3?

Is what you are wanting for yourself when you are older (column 3) very different or very similar to what your parents are wanting for themselves (column 2)?