

Activity – Relocating Scenarios

How can I convince my older parents to move to a retirement community? Here are two scenarios for you to respond to.

Scenario 1

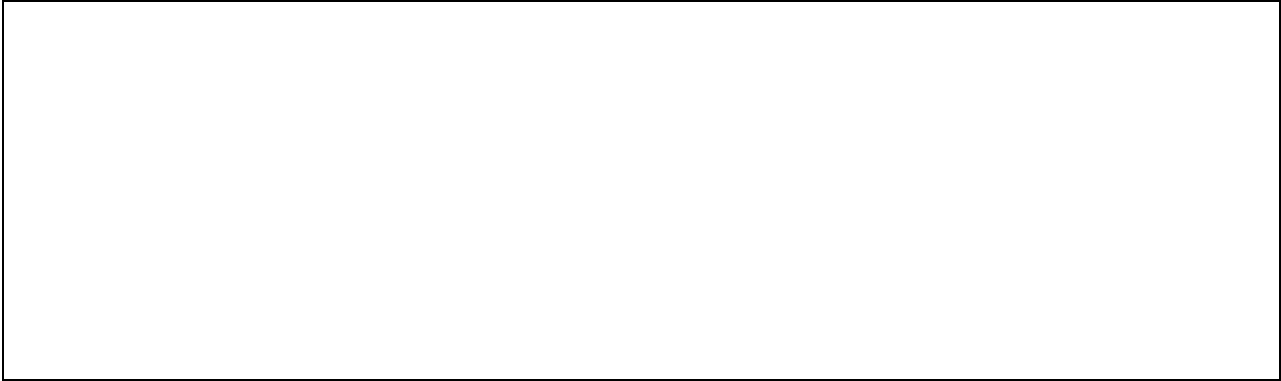
You visit your parents about once a month. During the past two drives home, you and your wife discuss that you think it's time for them to move to a retirement community. They live about 30 miles from a hospital and their doctors whom they visit quite often. They also see specialists who are about 50 miles away. Your mom is very nervous about driving and your dad can no longer drive. Your dad had a mild stroke about a year ago and is on oxygen therapy. Their home is falling into noticeable disrepair.

You are seeing that in another year, things will get out of hand. Your mom has taken bad falls the last two winters when going out grocery shopping. You live 4 hours away by car and have siblings who live out of state. Your siblings visit your parents about twice a year, but they do call them about every two weeks. At your last visit, your mom brought up the idea about moving, but your dad will have no discussion about it. There is a new retirement community that has just been built and is affiliated (and on the premises) of the hospital where their physicians practice.

How would you bring up the discussion with your parents?

How would you focus the discussion on “what’s important” to your parents?

How would you help them focus on the goals (present and future)?



Scenario 2

You are visiting your mother who is 78 years of age and in fairly good health. She has had a few falls and has high blood pressure. She lives alone in the family home which is a two-story dwelling with all of the bedrooms and bathroom upstairs.

Daughter: *Mom, there's something we need to talk about.*

Mother: *What's that dear?*

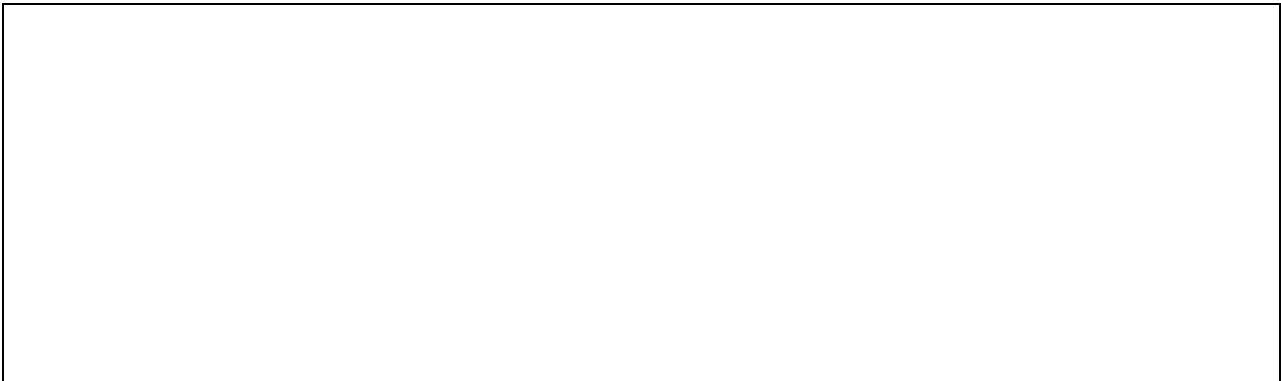
Daughter: *Well, I've been thinking about your house.*

Mother: *Oh, what about?*

Daughter: *Well, the house is where we grew up and everything, but I was hoping we could sell it some time.*

Mother: *What? Sell the house? Why would I do that? Where could I live?*

Is there a different approach and opening you can think of to start this conversation?



Daughter (getting nervous): *Mom, you need to think about this before you start asking all these questions!*

Mother: (getting anxious) *What do you mean? Think about what?*

Daughter: (getting defensive) *No, mom. It's just that we want you to have what is best for you, you know.*

Mother: (getting angry) *Have you talked to your brother about this?*

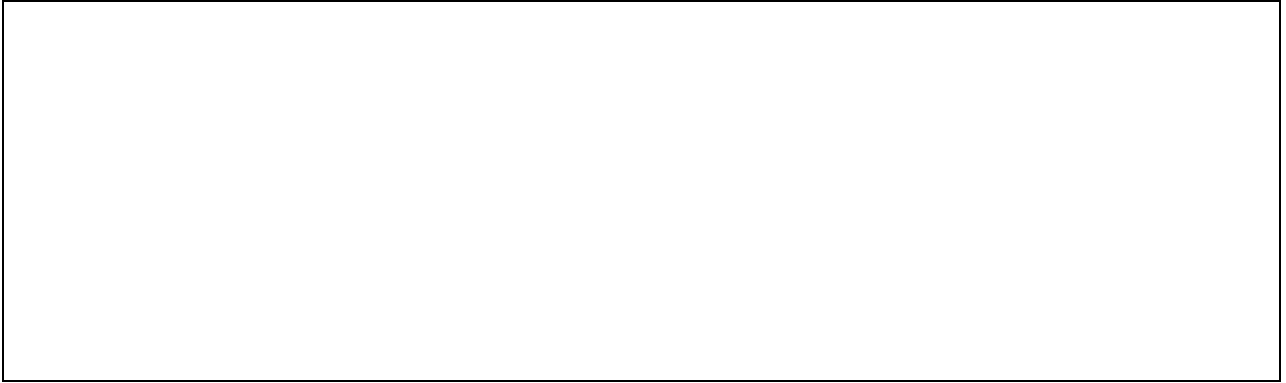
Daughter: *Of course not – I mean I should have. He just never listens to me.*

Mother: (getting more angry) *Well, I certainly won't sell the house if you two can't talk to each other!*

Daughter: *I'd like to have my way – just for once!*

Mother: *You can, but not with my house!*

Thinking about CARE Coaching, what different approach would you have tried in communicating with the mother?



How would you have used encouraging with the mother in this situation?

