

PLANNING TO CARE FOR YOUR PARENTS

by Terri Abelar, Director, Aging Solutions

Often I am approached by family members of an older person who are trying their best to address the needs of their relatives. Most of the time, what really seems to be the problem is that the family has not planned ahead for what MAY come as the older person needs more assistance.

What is most important to family members and their older relatives is security in knowing that certain things are taken care of and are in order. Parents do not want to become a burden to their family. Also, relatives usually want to know that their parents are safe and comfortable in their situation.

Imagine your parents live 400 miles away from you and you receive a phone call that one of your parents has been hospitalized. What can you do from where you are and how quickly can you do it? How will this affect your parents? Here are a few important things to do in your planning to help when the unexpected happens:

- Get a current phone book for the area in which your parents live.
- Keep a current list of your parent's doctors and pharmacy, including their phone numbers.
- Keep a current list of friends and neighbors of your parents, including their phone numbers.
- My best advice is **be prepared**. Cover all the bases: finances, health care, taking care of the pets, everything.

(Parents - Help your children prepare to help you! Send them a phone book. Get the list of your doctors and other important contacts together with their phone numbers and send them to your children. Give them all the information they might need to help if the need should arise including your insurance information and the name and number of your clergy person.)

© 2005, Partnership to Preserve Independent Living for Seniors and Persons with Disabilities. All rights reserved. This article may not be reproduced in any manner without permission.

Meeting the Challenges is published quarterly (four times a year) by the Partnership to Preserve Independent Living for Seniors and Persons with Disabilities, 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507. The Partnership to Preserve Independent Living for Seniors and Persons with Disabilities is a non-profit, tax-exempt corporation organized for the purpose of improving or preserving the independence and dignity of the elderly and persons with disabilities and their families. **The educational programs of the Partnership to Preserve Independent Living for Seniors and Persons with Disabilities are supported by grants and the charitable contributions of individuals and organizations.** Visit us on the Internet at www.LivingPartnership.org or through *Vital Connections* at www.vitalco.net.



You may want to purchase the *Living Well* Reference Library CD containing printable articles from 1997 to the present, including this article – available at: <http://www.vitalco.net/magazine.htm>