

## OVERVIEW

Focus: Facilitating family conversations in later life

Action: Using the facilitator guide

Suggested teaching sequences

Tips: Conducting successful workshops

Background: Research about later life families

References and resources

## COMPONENT 1

### LIFETIME RELATIONSHIPS: CHANGES FOR ADULT CHILDREN AND THEIR AGING PARENTS

Goal: *Help family members recognize how changes in later life affect relationships among family members*

(1-1 1/4 hours)

- 1.1—Trading life stories
- 1.1a—(Alternate) Change and continuity
- 1.2—It's just not the same
- 1.3—Whose decision is it?
- 1.4—Summarize

## COMPONENT 2

### TOOLS FOR TALKING: STRENGTHENING LATER-LIFE RELATIONSHIPS

Goal: *Help family members build talking and listening skills for addressing changing needs in later life*

(1-1 1/2 hours)

- 2.1—"Let's talk about..."
- 2.2—Saying what you mean... Hearing what they say
- 2.3—Tools to say what you mean
- 2.4—Tools to hear what they say
- 2.5—Using the tools
- 2.6—Tips for talking about trying topics
- 2.7—Summarize

## COMPONENT 3

### HOUSING CHOICES: THINKING ABOUT CHANGING NEEDS

Goal: *Help family members recognize choices and points of view for changing housing needs in later life.*

(1-2 hours)

- 3.1—The Frank and Alma Story
- 3.2—Act II: A family conference about Alma
- 3.3—Where will YOU live?
- 3.4—Choosing universal design
- 3.5—Summarize

## **COMPONENT 4**

### **MATTERS OF LIFE AND DEATH: TALKING ABOUT ADVANCE DIRECTIVES**

Goal: *Help family members begin to make decisions about advance directives* (45-50 minutes)

- 4.1—Make your choice
- 4.2—What do advance directives do?
- 4.3—What are the advance directives in our state?
- 4.4—Understanding advance directives
- 4.5—Deciding to complete advance directives
- 4.6—Summarize

## **COMPONENT 5**

### **WHO REALLY PAYS FOR LONG-TERM CARE? FAMILY DILEMMAS AND DECISIONS**

Goal: *Help family members begin to talk about and plan for financing long-term health care needs*  
(about 1 hour)

- 5.1—Long-term care and your future
- 5.2—Long-term care: Do you know the facts?
- 5.3—Summarize

## **COMPONENT 6**

### **WHERE IS IT WHEN YOU NEED IT? ORGANIZING RECORDS AND DOCUMENTS**

Goal: *Help family members understand the value of organizing important family documents and financial records.* (45-50 minutes)

- 6.1—What would happen if?
- 6.2—Family records: Where are they?
- 6.3—Will you be prepared?
- 6.4—Summarize

## **COMPONENT 7**

### **TALKING ABOUT LEGAL DECISIONS IN LATER-LIFE FAMILIES**

Goal: *Help family members identify important legal questions related to planning for later life.* (1 hour)

- Planning for this component
- Additional resources
- Suggested agenda
- Outline for guest speaker
- Participant handout

## **COMPONENT 8**

### **EVALUATION MATERIALS**

- Desired outcomes
- Indicators for measuring performance goals
- Program impact
- Evaluating your *Adult Children & Aging Parents* program

## **COMPONENT 9**

### **RESOURCES**

- Iowa Resources for Older Families
- National Resources for Older Families

## **COMPONENT 10**

### **ADULT CHILDREN & AGING PARENTS NEWSLETTER SERIES**