

COMPONENT 1

Lifetime Relationships: Changes for Adult Children and Their Aging Parents

Activities

- 1.1—Trading life stories** **20 min.**
Worksheet 1.1: *Story cards*
- 1.1a—(Alternate) Change and continuity** **10-15 min.**
Marker board or newsprint
- 1.2—It's just not the same** **20 min.**
Worksheet 1.2: *It's just not the same*
Visual 1.2a: *Possible losses for family members*
Visual 1.2b: *Feelings resulting from loss*
Visual 1.2c: *Changes can seem ambiguous*
Visual 1.2d: *Change can be positive*
- 1.3—Whose decision is it?** **20-25 min.**
Worksheet 1.3: *Whose decision is it?*
Visual 1.3a: *PARENT/Adult Child Relationship*
Visual 1.3b: *ADULT CHILD/Parent Relationship*
Visual 1.3c: *ADULT/ADULT Relationship*
Visual 1.3d: *Whose decision is it?*
- 1.4—Summarize** **5 min.**
Understanding Change in Later Life Families, EDC 237-1h



Total time

1-1 1/4 hours

Goal

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

Teaching Notes

- Activity 1.1 and 1.1a teach the same key points. Choose the one that best fits your group.
- Throughout this lesson remember that not all families share a long relationship history. Divorce, death, re-marriage, or new partners create new or changed family relationships.



Summary of key points

Activity 1.1—

Trading life stories

Activity 1.1a—

Change and continuity

- Growing older differs for each individual and family.
- Troubled relationships may remain troubled; strong ones may be challenged.
- You are a son or daughter or parent to your children regardless of your age; but your role description changes over time.

Activity 1.2—

It's just not the same

- When one family member experiences changes, everyone in the family can be affected.
- Even though change often involves the loss of something familiar, changes also can have positive impacts on our lives and relationships.

Activity 1.3—

Whose decision is it?

- Family decision-making is influenced by relationship patterns between the parents and children and among the siblings.
- Relationship patterns can change.
- Decision-making is influenced by each person's perceptions about the meaning of change.
- Mentally capable persons not endangering others have a right to make decisions that affect their well-being.
- You can only make changes in your own way of thinking, feeling, or acting; you cannot change another person.