

## Know your Family's Strengths and Weaknesses

What are your family's strengths and weaknesses? Here are some questions to answer.

1. Does your family spend time together? What helps or hinders you to have time together?

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2. Are you able to discuss concerns openly in your family?

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3. What is the level of affection between the generations, for example, between your spouse and your parents? Between your children and your parents?

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4. What give and take occurs between the generations? For example, what are the grandchildren and adults willing to do for the senior members and, equally important, what contributions do senior members make to the family?

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5. How does your family manage change? Are most members adaptable, or does change cause a lot of stress?

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Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope.* 2<sup>nd</sup> ed. 2010. ElderWise Publishing. <https://youragingparents.ca/home>

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