

Reflections on your Family's Communication Style

Reflect: What are you doing now that works well when talking with your aging parents?

Reflect: What do you want to change in your communication with your aging parents?

Reflect: How easy or difficult is it for you to take advice from your children?

Reflect: How easy or difficult is it for your parents to take your advice?

Reflect: How easy or difficult is it for you to take advice from your parents?

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Additional Reading

Conversations with your Aging Parents. Maureen & Lara Osis

Available on website: <https://youragingparents.ca/articles>

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

Questions? Contact us: info@youragingparents.ca