



## Is your relationship with your parents changing?

As time passes, you may be experiencing a change in the dynamics of your relationship with your parents. As your parents age, you may be moving into the role of “caregiver.”

Have you noticed yourself taking a more active role in their daily lives and in their health? Are you finding yourself prodding them to do things that they have always done without question, like taking their medicine or doing the laundry?

Have you asked yourself, “Who is the parent here?” Many adult children of aging parents are forced to initiate changes in a parent’s medical care, financial arrangements, or living situation.

Addressing these issues can be difficult. Difficulties compound when you are forced to deal with these issues in a time of crisis. Take a moment to sit down and talk to your parents about some of these questions, before you need to know.

*Baker & Baker*


Attorneys At Law

**Our practice focuses on issues concerning the elderly such as Guardianship, Long Term Care, Medicaid Qualification, Estate Planning, Asset Protection, Miller Trusts, Wills, Probate, Special Needs Trusts, Powers of Attorney and Directives.**

Currently, our library of available pamphlets include:

- ◆ Guide to Medicaid Eligibility For Nursing Home Care, The Estate Recovery Rules and Transfer Penalties
- ◆ Nursing Home Facilities in the Corpus Christi Area
- ◆ Guardianships for Low Income Individuals

If you are interested in receiving copies of these brochures, please contact our office or visit our website: [www.BakersElderLaw.com](http://www.BakersElderLaw.com)



## Changing Roles: Caring For Your Aging Parents

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BBB Rating: A+

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# Items To Consider When Caring For Your Aging Parents

1. Do you know the name of your parents' doctor(s)? Do you know these physicians personally?
  2. Are you aware of your parents' medical history? Do you know which medicines they are taking and why?
  3. When was the last time they visited their primary care physician?
  4. Are your parents in an HMO or PPO? What do you know about their coverage?
  5. Are they on Medicare? Do they have supplemental Medicare insurance?
  6. Have they purchased a Long Term Care Insurance Policy?
  7. Do they have an attorney? An accountant? A financial planner? Do you know these people personally?
  8. Do your parents have a will? Do you know its provisions?
  9. Have they designated a general Power of Attorney and a Durable Medical Power of Attorney?
  10. Have they signed a Living Will?
  11. Do you know the difference between a retirement home, assisted living, nursing, skilled nursing, Alzheimer's unit, hospice care, and home health care? Are you considering taking your parents into your home or moving into theirs?
  12. How familiar are you with the "continuum of care" concept?
  13. Do you know your parents' feelings about living in some sort of retirement community or facility? Are these feelings based on misconceptions about assisted care facilities? Consider touring your local facilities and asking lots of questions!
  14. How much do you know about your parents' finances?
  15. Do you know what level of care they can afford?
  16. Do you have siblings or other close family members who might help in care giving?
  17. How honestly and how recently have you talked with these family members about caring for your parents?
  18. Are you in agreement about what should be done?
  19. Do you know who will be the primary caregiver, or will it be a shared responsibility?
  20. If you will be primarily responsible for your parents' care, how do you feel about that? Do you want to take on the responsibility?
  21. How do your spouse and family feel about your commitment to your parents?
  22. What is your current relationship with your parents? Is there a lot of baggage? Are there major issues that will affect your ability to help them? What can you do to resolve those issues?
  23. Do your parents live nearby? Will caring for them require a move?
  24. Will they be moving near you or will you be moving near them? How do you and your family feel about that?
  25. How candidly have you talked to your parents about their future?
  26. Is there an "elephant" in your living room? Is it memory loss, dangerous driving, bad diet, isolation, alcoholism, loneliness or some other loaded issue? Do you have the courage to discuss this issue?
  27. Do you know what kind of funeral service they want? For example, how much do they want to spend on a casket? Do they want their service in a church or a funeral home, or would they prefer a memorial service? Do they wish to be interred, or would they prefer cremation?
  28. Does your mother or father want to be an organ donor?
  29. Does your entire family know their final wishes? Are you and your family willing to accept their wishes?
  30. Do you know where the ORIGINAL documents (will, POA, living will) are stored for safekeeping?
  31. Do you know where the keys to the safety deposit box are located? Do you know the combination to the safe?
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