

## I CAN BREATHE AGAIN

My siblings and I struggled for over a decade trying to convince our aging parents to downsize and move to a more manageable and safe environment. Our conversations were upsetting. It was a challenging experience for everyone. When I spoke to my parents individually they would accuse the other of not wanting to move or accept assistance. They made it impossible to have an honest conversation. I knew there must be something more, something else to lift our family to the next level. It was then that we hired Aimee to help us with our family crisis.

Aimee met with my parents and my siblings several times in order to fully understand the situation. Although my family members were in different states, our virtual conversations were productive. Finally, there was a way to maintain accountability and my sanity.

Aimee's faith, experience as a nurse, counselor and lawyer all came together as she navigated through our mess. Her style was firm but passionate as she fully recognized and understood just how painful it was for my father to face his truth. Her guidance allowed me to relinquish my role as enforcer and focus on being a daughter and sibling.

I made several calls to her in tears of frustration and she coached and guided me through each time. I discovered this process is not just about the logistical challenges of getting my parents to accept that they needed help, but also came the awareness that my parents' resistance to any type of plan was rooted in their grief at facing the end of their own lives. This awareness of their own mortality left them unable to face the reality that they could no longer live independently. There was an unspoken sadness that this move to new surroundings was going to be where they would ultimately take their last breath. It was the hardest thing our family has ever done.

I am happy to say that today my parents' house is now for sale and they have reached a place of acceptance. It was not an easy task but if it weren't for Aimee we would all still be staring at the same mountain with no more energy to climb. Take comfort in that there are solutions to your family frustrations that result in healing and peace of mind. I feel like I can breathe again. - Macaira K.

TO START YOUR SUCCESS STORY CONTACT  
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