

## A family guide: talking to your parents about aged care

*Compassionate strategies for a supportive transition.*

### Timing: Choose the right moment

- Start early, before a crisis
- Choose a calm, low-stress time
- Be patient; it's a process

### Approach: Lead with care

- Focus on safety and well-being
- Listen more, fix less
- Validate their feelings and fears

### Language: Reframe the conversation

AVOID USING...  
Nursing Home  
Moving you out  
Putting you in  
a facility

TRY USING...  
Extra support  
Ensuring your safety  
Finding care

### Honesty: Acknowledge your limits

- Be transparent about what you can do
- Frame it as ensuring the best care
- Express your love and concern

### Need an independent advocate?

*At Wright Aged Care, we've helped hundreds of families navigate this journey.*

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