

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...	TRY USING...
Nursing Home	Extra support
Moving you out	Ensuring your safety
Putting you in a facility	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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