

Tips for Handling Touchy Topics with Your Aging Parents



About Country Meadows:

Country Meadows has been offering quality retirement living in the Lehigh Valley and Berks County for more than 30 years. Available lifestyle options include Independent Living, Assisted Living/Personal Care, Memory Care for residents with early- to late-stage memory loss, and Restorative Care to support those recovering from an injury or living with a chronic condition. Additionally, 24-hour Skilled Nursing services are available at the Bethlehem campus.

Understanding the peace of mind that comes with keeping spouses together, Country Meadows also offers special couple's mixed-care plans to accommodate and support couples who wish to remain living together even with different care needs.

For information about Country Meadows of Allentown, Bethlehem, Forks Township of Easton, and Wyomissing, visit CountryMeadows.com or schedule an in-person visit.

Country Meadows of Allentown

410 N. Krock's Road, Allentown (minutes from Route 22 & I-78)
610-395-7160

Country Meadows of Bethlehem

4035 Green Pond, Bethlehem (close to Routes 22 & 33)
610-865-5580

Country Meadows of Forks

175 Newlins Road West, Easton (near Riverview Country Club and the NJ state line)
484-544-3880

Country Meadows of Wyomissing

1800 Tulpehocken Road, Wyomissing (close to Route 422 & US 222)
610-374-3122

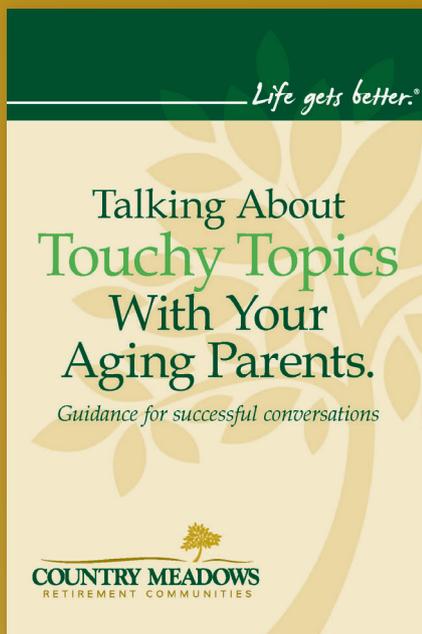
As children, our parents took care of us. As adults, we may now find ourselves caring for them. The dynamics of this gradually changing relationship between parent and child can be awkward and, at times, uncomfortable. Steven Zarit, a Professor of Human Development and Family Studies at Penn State, says that many older people struggle for independence as they try to maintain their lifestyle. At the same time, their adult children begin expressing concerns about physical or mental changes they see. The results are that parents often feel their children overstep their bounds, while children may feel their parents are stubborn, and everyone is uncomfortable with this new reality.

Talking to your aging parents about touchy subjects like giving up driving or moving to a retirement community to get more help or for more socialization can be difficult and emotionally draining for everyone involved. That's why open communication with senior parents is so important.

Country Meadows Retirement Communities used extensive experience gained from working with families and supporting seniors for more than 30 years to prepare a free 12-page guide to help you handle the task. It includes helpful tips and insights like:

- 10 examples of what NOT to say to your aging parents
- 3 ways to avoid anger and misunderstandings
- Discussing the issue of giving up driving
- The best time to begin sensitive discussions
- The 6 most common pitfalls for siblings trying to help their parents

To get the free guide, stop by any of the Country Meadows Retirement Communities in the Lehigh Valley or Berks County, or get a copy online at CountryMeadows.com/Parents. And you are always welcome to call and ask a question; Country Meadows staff is there to help.



Free guide to help you and your family discuss options right for you.