



# 9 Tips for Navigating the Long-Term Care Conversation

Are you worried about a parent or loved one needing long-term care? While it's a tough conversation, it's crucial to make sure they get the care and quality of life they deserve. Here are some tips to help you navigate this sensitive topic:

- 1 Prepare Yourself:** Learn about long-term care options and facilities available so you can have an informed discussion.
- 2 Choose the Right Time and Place:** Find a quiet, comfortable setting for an open conversation, away from stressful situations.
- 3 Initiate Early:** Talk before a long-term care crisis arises to allow for thoughtful planning and decision-making.
- 4 Use Compassionate Language:** Be empathetic and use "I" statements to express concerns without causing defensiveness.
- 5 Listen Actively:** Encourage your loved one to share their thoughts and address any concerns they may have.
- 6 Focus on Quality of Life:** Highlight how planning for care can enhance their independence and well-being.
- 7 Be Patient:** This conversation may take time and happen gradually. Avoid rushing these crucial decisions.
- 8 Explore Financial Options:** Discuss the costs, insurance, and financial planning associated with long-term care. Seek guidance from professionals.
- 9 Create a Plan:** Develop a long-term care plan together with a professional to ensure your loved one's wishes are respected.



For more information about developing a long-term care plan for your loved one, talk to your attorney.



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