

## CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***“My kids think I need help,  
but I think I’m fine.”***



### **How to discuss boundaries with adult children**

If you want your adult children to leave you be,

**You are not alone**

Only 5% of American older adults live in nursing homes, while many others age in place in their homes.



## What's Best for You?

Aging well doesn't have to mean moving or giving up independence to appease loved ones' fears that you need help. Adult children and their parents each want what is best for the other, and communication is the key. But conversations between parents and children about the following issues can be difficult:

- money
- moving
- healthcare
- driving
- independence
- home safety
- finances
- sleep
- health conditions
- medication safety

Communication breakdowns between parents and children are common, even when conversations are initiated with the best intentions.

Start by sitting down together and listening to concerns from everyone. Try to keep an open mind as you pay attention to the needs and wants of everyone involved. How will decisions affect all family members? Think about what is valued and meaningful in life and how that can be maintained for as long as possible.

Gathering information from professionals can help educate both parents and adult children. Seek out primary care providers, occupational therapists, and tests such as a neuropsychological evaluation. These professionals will give you and your family the tools to continue the conversation and make decisions about safe living.



There are many places to get information about aging in place, hiring help, or moving. Homecare agencies, libraries and senior centers all offer information to help navigate decisions. A social worker can help guide you through these myriad choices as well.



These are not one time discussions, so be sure to talk often. Discussing money can be very difficult, but don't ignore the reality of financial constraints and changes. Aging is not a perfectly linear process. As needs change over the years, regular conversations and education can help keep you in control of how you live.

**If you are at a loss as to how to begin the conversation, try some of these starters:**

*I know you are worried about me, let's talk about it.*

*I've been thinking about the house and I'd like to stay put. Here is why I think I'll be fine.*

*Let me show you the safety changes and updates I've made to the house.*

*What are your concerns about me as I age?*

*As you know, I think I'm fine, what can I do to help you not worry?*

*Let's make a plan to keep talking about our concerns.*

*I think I'm fine, what are you seeing that I am not seeing?*

# How can CJE SeniorLife help?

We can refer you to the following supportive services:

**Your Eldercare Consultants**—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

**CJE Care Management**—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

**Counseling Services**—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

**Consumer Assistance**—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

**Community Engagement**—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

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THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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