

# The Parent Care Navigator

## The Journey of the Caregiver

Your parents are likely to live longer than any generation of Americans before. As they age, the chances are that they may need a great deal of care and support to sustain their health, welfare, and quality of life. There may be a greater call than ever before for adult children to step in and help in different and changing ways over time.

It's important to consider the challenges your parents will face – and you will face – as they age, so that you can prepare for them before it's too late.

The "Parent Care Navigator" is a unique process designed to help you to effectively navigate the challenges of parental caregiving and have a plan in place before you need it.



### Step 1: Study the Map

Just like any good explorer, you must begin by familiarizing yourself with the territory and what lies ahead, so you can prepare for a successful journey. To achieve this, we will help you learn more about the four phases of life that take place after 65 to better understand the risks, challenges, and opportunities your parents may face:

- Read Erik Strid's book, *Exploring: Replacing An Outdated Paradigm For The "Retirement Years," And Exploring a New Phase of Life*
- Complete a series of educational workshops, webinars, and discussion sessions



### Step 2: Chart the Rough Territory

Unfortunately, most people are unprepared for changes that occur as we age. How will your parents get to important appointments? Do they have an estate plan in place? You need to understand the key challenges now to help them – and you – prepare. We will help you assess your own fears and potential areas of risk:

- Complete the self-assessment, "What Keeps You Up At Night?"
- This assessment will be taken separately by your parents, if desired



### Step 3: Brief the Team

Now it is time to build a support team and ensure that everyone understands the plan and the obstacles to overcome. We'll guide you through critical family conversations:

- Develop a communication plan to tackle difficult conversations with your parents and siblings
- Attend "The Same Page Meeting" with your parents and siblings, if appropriate, to discuss the results of the assessment and a plan for the future
- Enlist the help of key advisors



#### **Step 4: Gather Your Gear**

With a team in place, we will help you gather the key tools, resources, and provisions you will need to make a successful journey:

- Develop your customized resource kit
- Review recommendations for success



#### **Step 5: Start the Journey**

You have prepared your trip, and you have the right resources to support the journey. Now it's time to execute your plan:

- Conduct "difficult conversations" with your parents, as needed
- Work with your team to resolve issues
- Repeat the self-assessment process regularly and update your resource kit as your parents grow older and their needs change

For more information and to start your journey, please call 610-994-9192.



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