

Boomers Children Not Talking About Future

A recent AARP survey found 67 percent of older-generation parents haven't talked with their boomer-aged children about the parents' ability to live independently. The group offers boomers the following tips to begin the discussion:

- Talk to your parents about planning for the future before a problem or crisis arises and continue talking about independent living issues over time.
- Use such natural conversation starters as your parents expressing their concerns, the experience of your or your parents' older friends, events in your parents lives or newspaper reports, magazine articles and the like.
- Focus on such major issues as housing, activities of daily living, health care, transportation, money and insurance. Let the discussion be guided by your parents' concerns and needs, not your own opinions.
- Anticipate normal resistance to these conversations. If a parent is reluctant to talk, try again later. If a parent's health or safety is in immediate jeopardy, take stronger measures.
- Accept your parents' right to make their own life choices even if you don't agree with those choices.

Source: AARP