

## **Conversation Prep Sheet**

How to talk to your parent about in-home help without harming trust

This sheet is not about convincing.

It's about entering the conversation calmly, respectfully, and with care for the relationship.

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### **1. Clarify your intention (for yourself)**

Before you speak, get clear on *why* this matters to you.

- I want them to be safer
- I want them to have more energy for the things they enjoy
- I want peace of mind
- I want to support their independence, not reduce it
- Something specific has changed recently

**In my own words, my main concern is:**

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### **2. Choose the right moment**

This conversation lands best when no one feels rushed or defensive.

- Not during a crisis
- Not when emotions are already high
- In a familiar, comfortable setting
- When there's time to talk without interruption

**When might feel calm and natural?**

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### **3. Ground rules to carry into the conversation**

Keep these in mind before you start:

- My goal is understanding, not agreement
  - I will listen more than I speak
  - I don't need to solve everything today
  - I can pause or revisit later if needed
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### **4. Words you can borrow (use what feels natural)**

Using “**I**” **statements** keeps the focus on care, not control.

You might say:

- “I’ve noticed you seem more tired lately, and I worry about you.”
- “I feel better when I know you’re not doing everything on your own.”
- “I’m not trying to change your life—just make it a little easier.”
- “Can I share something I’ve been thinking about?”

**The phrase that feels most like *me*:**

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### **5. What to avoid (even if it feels true)**

These phrases often trigger fear or shutdown:

- “You can’t do this anymore.”
- “Everyone thinks you need help.”
- “This is the only option.”
- “You have to do this.”

If emotions rise, try pausing instead of pushing.

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**6. If they say “no”**

A “no” now does **not** mean “never.”

Helpful responses:

- “Thank you for telling me how you feel.”
- “I appreciate you being honest.”
- “We don’t have to decide anything today.”
- “Let’s just keep talking about it when it feels right.”

**How I’ll remind myself not to push:**

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**7. Offering a respectful trial (optional)**

Many families feel more comfortable with a **time-limited, low-commitment approach.**

You could say:

“Would you be open to trying something small for a few weeks, and then deciding together how it feels?”

- A few hours a week
- Short-term support
- Focused on one task (meals, laundry, check-ins)
- Re-evaluate together

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**8. After the conversation**

No matter how it goes:

- Thank them for listening
- Reflect on what you learned
- Give space if needed
- Keep the door open

**One thing I want to remember:**

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