

## Resources – Caring for Aging Parents

### Articles

[Why I Loved Caring for My Aging Parents](#) TGC

[When an Aging Parent Rejects Your Help](#) TGC

[Caring for Elderly Parents](#) Focus on the Family

Practical Ideas from the above article.

1. Grocery shop
2. Pick up prescriptions
3. Take their trash can to and from the curb weekly
4. Pick up their mail
5. List of practical ways to help emotionally
6. Invite them out for a meal
7. Bring a meal to their house and eat it together
8. Have coffee or tea together
9. Write a handwritten letter
10. Bake something for them and either mail it or hand deliver
11. Send a care package
12. Call them and tell them you love them
13. List of practical ways to communicate
14. Sign them up on Facebook so they can see your pictures
15. Facetime
16. Set up a text feed with just them and check in often
17. Set up a text feed with your siblings, including them
18. Set up a text feed with ONLY siblings so each of you can communicate easily

[Retirement Homes and Caring for Aging Parents](#) Desiring God

### Books

[The Caregiving Season](#) Jane and Jim Daly

[Parenting Your Parents](#) A Practical Guide for Caregivers – Grant and Tammy Ethridge

[A Complete Guide to Caring for Aging Loved Ones](#) Focus on the Family

[Creating Moments of Joy](#) Jolene Brackey

[Being Mortal](#) Atul Gawande

## Tips from South Suburban Ladies

- If elderly parents want to make a decision – as long as it does not harm them or someone else, let them do it. Don't let our personal thoughts influence if it doesn't really matter.
- Get your name on a checking account.
- Ask parents if they have a health care directive and a power of attorney. Ask earlier in life before they may have cognitive issues.
- Can ask them “would you do this for me?” or “this would make me feel comfortable if you would do this” – They might do things for you this way.
- Hospice care is not just end of life. Elderly can often get needed services that otherwise would cost more money. You can graduate off hospice.
- Go to doctor appointments with them and take notes. Have parents sign a hippa form when you go.
- Be an advocate for your parents.
- Before care conferences, ask your parent what has been going well and what's been bothering them. Ask person leading the conference if your parent can share some of these things.
- Ask parents to tell you how they cared for their parents when they were getting older.
- Listen
- Don't argue.
- Be respectful.
- Be humble.
- Pray you'll say things in a loving and correct manner.
- Ask “Have you thought about...” to bring up a more sensitive topic or to plant a seed in their mind about a possible change.
- Note – if 911 comes regularly to your parents' home, the county will tell you they need to make a decision about moving somewhere with greater care.
- Courage Kenny – has a driving test for older people.