

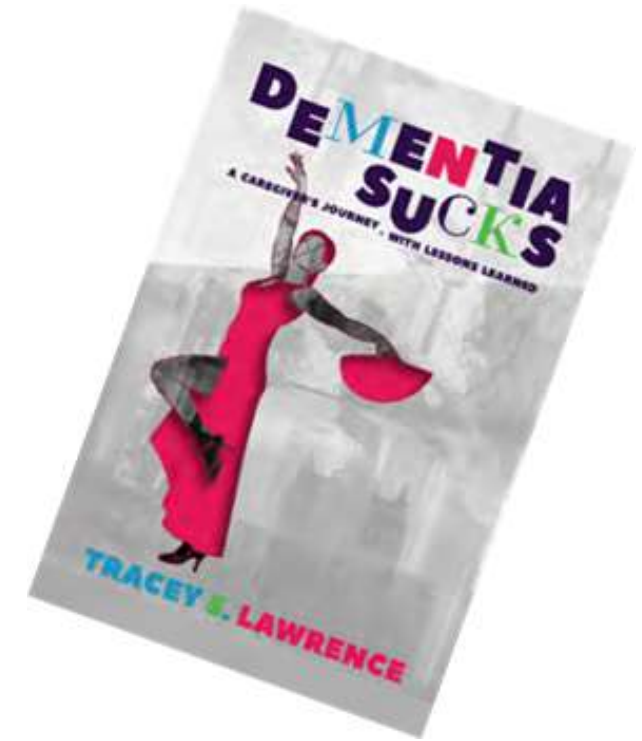
Community Education Series

The Recovery Village and Advanced Recovery Systems



Presentation Topic:
The Greatest Opportunity-
For adult children of aging parents

Speaker:
Tracey S. Lawrence



About the Speaker:

Tracey S. Lawrence

MS, Best Selling Author



- Tracey S. Lawrence is a woman of many talents. Most of her adult life, she served clients as a graphic artist. That changed when her parents became ill.
- Tracey's journey as a serial caregiver, to her husband (twice: first in 1987, then in 2017), her father (who died in 2004) and her mother (who died in 2015) gives her a unique perspective on life and death. She is quoted as saying "That which does not kill me makes me stranger."
- The bestselling author of the ground-breaking book, "Dementia Sucks: A Caregiver's Journey – With Lessons Learned," Tracey shares her discoveries, insights and humor with the world, encouraging people to wake up to the harsh realities of life before they become undeniable. Laughter, compassion and acceptance are part of the recipe required to plan for and survive the current climate of healthcare, illness and the overwhelming nature of it all.

Part 1:

**Aging Parents in 2021:
Denial Disabled**



Remember when your folks were fiercely independent? When they offered reliable advice? Maybe even helped you out financially?

THEN THE PANDEMIC HAPPENED:

Welcome to
your preview of
caregiving.



What do you know about your parents?



- Do they have wills or advance directives?
- Do you know their doctors/their medications?
- Where they keep their important stuff?
- Their desires for the future?
- Have they been resistant to discussion?

The Goal of this Talk:

- Recognize what's happening
- Leverage the situation to facilitate action
- Begin a process that can save your life

My Why: Herb and Roz



1983



2002



2003

My Why: Herb and Roz



2007




2009



2014

Did you know

- 50% of caregivers to people with dementia die before the person they are caring for?
- For spousal caregivers, 63% die before their loved one
- CAREGIVING IS DANGEROUS
- Source: [Caregiver.org/caregiver-health](https://www.caregiver.org/caregiver-health)



Part 2: Why Parents Turn On Us

You are their baby

- They KNOW they are getting older
- You are adding to their terror
- You have the power
- They want control back

- There are questions you must ask
- Some parents will have taken steps already
- Many have not and they will get nasty

Prepare for Objections



- Approach gently
- Retreat but return
- Have stories at the ready
- They got lucky this time
- Denial can be defused
- Bring in another grown-up

Know What to Ask!

With persistence, you should be able to move forward

- Have your questions prepared
- Select an APPROPRIATE attorney to see
- Set an appointment and GO!
- Don't wait! They may change their minds.

While you're at it...

- Ask about doing YOUR OWN estate planning
- You'll likely save money
- You'll be protecting your family and yourself

Thank you for attending!

- Questions?
- Visit my website TraceySLawrence.com
- Check out “**Dementia Sucks**”
- Consider taking the **Family Care Survival Course** on Udemy.com
- Request a complimentary consultation



QUESTIONS



THANK YOU

