



**Welcome!**

**The Truth About Communicating with Adult Children**

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

**Moderator:**

- Brett Junell, Downsizing Coach & Realtor, Junell Realty Group – Retired Moves Division @ Keller Williams (775) 432-6300

**Panelists:**

- Annette Junell, M.S., Downsizing Coach & Realtor | Junell Moves Made Easy
- Chemane Rene', Specialist in Gerontology | Plan Your Story

**My burning question starters:**

I was wondering... I am curious about... I had this friend who wanted to know...  
What if... I've always wanted to know... I heard... Would you clarify...

**My burning question(s):**

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**Resources:** [www.junellgroup.com/rfts/adultchildren](http://www.junellgroup.com/rfts/adultchildren)

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## The Truth About Communicating with Adult Children

### **Truths:**

- Your adult children are having conversations about you (with or without your knowledge).
- Adult children of “aging” parents have conflicting goals related to their roles as caregivers.
- Aging creates conflicting goals for individuals.
- Communication is best when healthy.
- Effective communication is the responsibility of the communicator.
- Verbal communication is only ONE type of communication.
- Lack of intentional and direct communication results in assumptions and miscommunication.

### **Do's and Don'ts**

- DO start thinking NOW about what you may want later.
- DO think about who you want to talk to...creating your TEAM?
- DO think about where you want to talk.
- DO make sure you have enough time.
- DON'T bring it up without letting them know first.
- DON'T wait for the “right” time.

### **Books & Resources:**

- Book: AARP The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your Life by Tim Prosch
- Plan Your Story ([www.PlanYourStoryToday.com](http://www.PlanYourStoryToday.com))
- Book: How to Say it to Seniors: Closing the communication gap with our elders by David Solie



## The Truth About Communicating with Adult Children

### Conversational Topics

- Financing and money management
- Current and future living arrangements
- Driving and transportation arrangements
- Getting and managing medical/personal care
- End-of-life arrangements

### Conversation Invitations

- I went to this seminar the other day and I want to share with you what I learned. When do you have some time to get together?
- Your dad and I are making estate plans and would like to share with you what we are thinking.
- When would be a good time for us to schedule time to talk? I have some things that are important to me that I want to run by you.

### Conversation Starters

- I realize that we may be entering some uncharted territory in the future as I have more and more birthdays. I have put some thoughts down on paper and would like to talk to you about them.
- My goal is to make life easier on both you and me so I have written down some things that I feel are important. Your feedback and questions are welcomed.



## Participant Worksheet

1. What do I wish to communicate?
2. Am I clear and confident about my message, purpose, and intended outcome? If not, what is necessary for me to gain clarity and/or confidence?
3. What are the sources of noise which must be addressed to effectively communicate my message?
4. What is the best method for communicating my message?
5. How will I address the feedback provided?

### Message:

- Clear, organized, and concise message
- Supporting facts, research, examples, experience
- Appreciation for the recipient's field of knowledge, feelings, and circumstances
- Establishing intention and expectations regarding feedback (what do you want from them?)

### Noise:

- Social pressure and expectation
- Personality and behavioral styles
- Communication styles
- Friends and co-worker advice
- Illness or disease processes
- Family dynamics and/or emotional baggage
- Distance

### Method:

- in person (ideal), or
- in written form first, then meeting in person (alternatively phone)

*(when you are well, most healthy, strong & confident. Consider with an advocate / support)*

### Feedback:

- Verbal and non-verbal responses
- Questions and clarification
- Avoidance
- Next steps (action items)
- Additional conversations
- Was the message received and understood?



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