



News For Older Americans

It May Be Time To Have “The Talk” (Not *That* One)

(NAPSA)—If your family is among the approximately 80 million Americans currently avoiding the end-of-life discussion with their aging parents, you may want to rethink that. A conversation about end-of-life wishes can save families years of heartache, bickering and even legal issues.

The Problem

Nevertheless, millions are actively avoiding it, according to a recent Marist survey. Citing being uncomfortable and procrastination as the top two reasons families aren't having these conversations, survey respondents also indicated fear that their families could have problems in the future due to lack of communication about topics such as finances and health.

Other research shows nearly a third of baby boomers said their biggest communication obstacle with aging parents is the continuation of the parent-child roles that emerged in childhood, making discussion of sensitive issues even more difficult. In fact, finances, living preferences and driving are the three least talked about topics between surveyed adult children and their aging parents.

Unfortunately, further research indicates that 70 percent of conversations happen too late, being initiated by an event such as a health crisis or other emergency, which can increase the likelihood of family disputes. According to surveyed attorneys, two-thirds of these disputes that end up in



It's a good idea to talk to your family about end-of-life decisions —before they're needed.

court could have been avoided if end-of-life wishes were communicated and documented in advance.

Some Solutions

Given the severe consequences of waiting too long to have this critical conversation, if your parents are approaching 70 and you are approaching 40, you should have “the talk” about critical aging issues. It's what's known as the “40-70 Rule.”

To help, Home Instead, Inc. gathered renowned experts to help make this potentially difficult conversation easier for families and created the “40-70 Rule” program, including An Action Plan for Successful Aging. The Home Instead Senior Care network is the world's leading provider of in-home care services for seniors.

Free Information

Resources, including videos, conversation starters and aging plans, are now available at www.4070Talk.com to help jumpstart that dialogue.