

## 65.7 Million Americans are Family Caregivers



- Does your mom or dad take care of a loved one (perhaps one cares for the other)?
- Do you know what your parents are going through?
- Would you like to develop the skills to talk with your parents about what they need and want?
- You are a son or daughter to your parent(s) regardless of your age, but your role description can change when your parent is in the role of a caregiver.
- When family members feel their needs and concerns have been recognized, the door is opened for mutual problem-solving.
- Family history, family roles, fear of changes, embarrassment, or grief are some of the reasons families may find it difficult to talk about and plan for changes in later life.



Brought to you by  
Iowa State University Extension

*Serving you locally...*

*Any fees for service will be used to off-set direct expenses and to support the Families County Extension Program.*

### **... and justice for all**

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914 in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

SP 410 July 2011

## Caregiving Relationships: Conversations on Aging



A program for adult children supporting  
aging caregiver parents

**IOWA STATE UNIVERSITY**  
Extension and Outreach  
Healthy People. Environments. Economies.

# Caregiving Relationships: Conversations on Aging



## SESSION 1

### Lifetime Relationships: Changes for Adult Children and Their Aging Caregiver Parent

Learn to recognize how caregiving affects relationships among family members. Explore what has changed and what has stayed the same. Discover what your role may be in making decisions about your parents' later life.

## SESSION 2

### Tools for Talking: Strengthening Later-Life Caregiving Relationships

Build learning and listening skills for addressing changing needs in later life. How do you start the conversation with your parents? Develop the skills to say what you mean and hear what they say. Gather some tips for talking about trying topics.

## SIGN UP TODAY!

Date:

Time:

Location:

Cost:



## Registration

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Email \_\_\_\_\_

Day phone \_\_\_\_\_

## Caregiving Relationships: Conversations on Aging

Registration due date:

Send this form to:

## Research shows:

*Spousal caregivers are more likely to provide care with help from adult children than to accept help from community supports or nonfamily members.*