

Role Reversals

Tips for the Sandwich Generation

Cheryl Ginnings

WANT MORE?

www.cheryl-coaches.com

Your Thank you gift

Role Reversals

How will I survive?

**NO OTHER GENERATION HAS
EXPERIENCED THIS LONG PERIOD
OF TIME CARING FOR PARENTS
WHILE STILL HELPING CHILDREN
AND GRANDCHILDREN.**

WOULD YOU LIKE TO SIGN UP FOR MORE
HELPFUL INFORMATION?
CHERYL HAS WRITTEN A BOOK ABOUT THIS:
"IT TAKES COURAGE TO BE A CAREGIVER"
AVAILABLE ON AMAZON

CHERYL COACHES FAMILIES ABOUT CAREGIVING
AND SPECIAL NEEDS! SHE NOT ONLY IS CERTIFIED,
BUT HAS LIVED THIS LIFE!

Role Reversals

How will I survive?

When parents need to be cared for, are you prepared for that role? It is hard for most people to assume that role, especially if the parent is not cooperative.

There are lots of ways to handle this with the help of outside support, but most of us are not sure what to do first. I would like to offer a few suggestions for those who need a little support at home.

- Shred all documents that have name and address
- Cancel credit cards so they do not order things they do not need or get taken advantage of by scammer
- Organize everything you use on a regular basis
- Label even everyday objects around the house
- Pay their bills on time and if possible, talk to the bank about their accounts that might look suspicious
- Talk to the neighbors to watch for your parent wandering
- Have a place for mail where home health does not have access to them.
- Have a folder for documents in one place for those who come in to clean, home health, etc. to find needed information on their visits.
- Post a list of all phone numbers used in an obvious place by a phone so that emergency numbers are easy to find.

CRITICAL INFO: IN CASE OF ACCIDENT

**Do they have a medical alert?

Always check batteries when you are visiting them.

**If they would not know to push the button, there are other devices on the market that call for them and give location to go

**Are there smoke alarms? Are the batteries working?

*Is eyesight a problem? Get phones with big buttons for them.

Do they have memory problems? Remind them how to escape if there is a fire and do this often.

** To be safe: Go through all medicines in the bathroom and throw out expired ones. Then do the same for the pantry and the refrigerator. Make sure even spices, crackers, etc. are OK.

** Know where all the Legal Documents are kept.

Who has power of Attorney?

Do they have a will? Where is it? Do you need a key to lockbox?

Advance Directives? DNR? Organ donors?

Where are all these paper? It will be an emergency when you need them.

Do they drive? Should they? Where is the insurance?

Keys to the car?

Are their preferences written down? Where? Most families have trouble agreeing on how to let go of things with memories!

MAKE IT THEIR DECISION WITH THEIR BELONGINGS

MANY FAMILIES MESS THIS UP~

GET THE PARENT INVOLVED IN HOW TO DISPOSE OF THEIR BELONGINGS. THESE ARE THEIR MEMORIES AND YOU WILL REALLY HAVE TROUBLE IF YOU GO IN AND START DISPOSING OF THEIR THINGS.

BE KIND! NOT JUDGMENTAL ABOUT WHAT THEY HOLD ONTO. WHAT IF THEY WENT TO YOUR HOUSE AND STARTED THROWING OUT WHAT YOU HAVE SAVED?

WHO DO THEY WANT TO INHERIT CERTAIN THINGS? THESE ARE NOT JUST "STUFF" TO THEM. ASK THEM WHAT THEY WOULD LIKE TO DO WITH EACH THING, IF POSSIBLE.

There are many people who end up in a nursing facility before they are ready to part with things. So start the discussion earlier in their lives so it is a natural part of life to talk about their wishes! Make sure you help them understand you want to do what THEY want to happen.

Write down what items are to go to each one. It will certainly save heartache later.

UNDERSTAND THEIR FINANCES

Do they have enough money to pay for their funeral, bills, house payments, food,

What is extra that they spend?

Do they need help writing checks? Do they spend on things they could do without? Be kind here! They took care of you and now it is your turn to care for them.

With Dementia and Alzheimer's, the parents will often think you or someone else is stealing from them. Make sure that is not true, but if you wait too long, they will not want you to help them.

They will accuse you of stealing. If they do not have enough money, the whole family needs to be involved in helping with the parent care.

What are you waiting for?

MAKE MEMORIES NOW!!

EVERY CHANCE YOU CAN TAKE PHOTOS

Go through their old photos and mark them to know who the people are or throw them away!

Most funerals now have pictures of the person's life to remember the times of fun. Parents, grandparents and great-grands love to talk about what happened in the picture. They are fun stories to learn about before they are gone or can no longer remember.

When my mom passed away our young granddaughter wrote a song that day and my daughter put together the sweetest video about her "NaNa"! It was very moving to tears, but they were happy tears. Everyone enjoyed the video and my mom would have cherished it.

A lady who was in charge of a nursing home always took new patients aside and took a video asking them all kinds of questions. The patients loved it, but the family received a copy to enjoy. They were grateful because once a person is placed in a facility, visits are not always enjoyable. They could be upset that they were moved there, or mad at the family because of it.

Learn from others how to make memories so special.

I interviewed a man who made it his mission to help with families when the time came that a parent had to move to a facility. Now his daughter helps and the first thing she did was help her mom and dad go through and get rid of things they just do not need any longer. He suggested that if people turn 70, it is time to declutter, and start minimizing their own belongings and get rid of things that others do not want. It makes it easier for others to take care of what needs to be done without throwing everything out!

I know I need to do this, too!

For more information about caregiving, go to iTunes and listen to "Courage 2 Overcome" podcasts with Cheryl Ginnings. They are interviews by many caregivers with tips that will save families a lot of grief!

www.cheryl-coaches.com

Cheers

FROM: CHERYL GINNINGS

If you have questions, Cheryl is a writer for Quora.

Just address your questions to her.

She has been in 12 books since 2014. Two are her own and more to come. Check her website out:

www.cheryl-coaches.com and sign up for a newsletter. When you need help, you will know where to find her.

Thanks for asking for this special ebook made just for you to make it easier to reverse your roles. It is not an easy task, but Cheryl wants to help you prevent burnout! Ask for more information.

For free 30 discovery session: cheryl@cheryl-coaches.com and mention "Gift"