

Let's Talk

— Having a *conversation* with *your* parents about preparing for *a long life*. —

There are certain conversations that are just easier to have than others. Then, there are the kinds of conversations you know you should pursue but you wish you could put off indefinitely – like what may happen to your parents as they get older.

It's only natural. Nobody likes to think that their parents may need help sometime in the future.

You may also think that raising the subject means you're volunteering in advance for the role of caregiver. And let's be honest, it can be a scary situation to imagine.

But the time to talk is now.
Because the timing never gets better.

— Possibly the most *important* conversations you'll *ever* have. —

Sure, it's hard to talk to your parents about such personal issues like finances, health and what we envision for our futures. But if you don't talk, you can't ensure your parents will get what they want out of their lives.

Take the first step and use the tips in this brochure to start the candid conversation today.

You'll be glad you did.

Our contributor: *Virginia Morris*

An award-winning author, Virginia Morris has devoted her career to researching and writing about health care, medical research and related social and political issues. Her book, *How to Care For Aging Parents*, has been featured on *The Oprah Winfrey Show*, CNN, NBC's *Today Show* and *Good Morning America*, and won the Books For a Better Life Award. Notably, it has also been hailed as an “excellent resource” by the Family Care Alliance and as “Indispensable”



by AARP. In this A-to-Z guide, Ms. Morris offers practical help and tender reassurance. She lives with her husband and two children in New York.

For additional information visit our Web site at genworth.com/lets-talk

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Brought to you by:

Genworth Financial 

Genworth Financial understands how difficult it can be to talk to your parents about preparing for long term care needs and what the future may hold. That's why we created the *Let's Talk* campaign, including this brochure, a magazine-style educational piece and an accompanying Web site (genworth.com/lets-talk) to give you tips on how to initiate this important discussion.

Breaking the Ice

... if there is any ice to break! If you have an open and direct relationship, then don't beat around the bush. Just come out and say that you'd like to talk about these issues and ask if they would mind talking to you about them.

Or, be reflective. Some time when you're together, ask them about their past, their childhood, their parents. Learn about them. And then, as part of that conversation, move on to their future. What worries them? Do they feel prepared?

Sometimes it's the parent who wants to discuss their thoughts about the future with their kids. If your parent raises the subject, grab the opening! They might talk about a neighbor who's recently moved into an assisted living facility or nursing home, for example. That's a great opportunity to ask what they would want in similar circumstances.

If you find the prospect of initiating this topic too daunting, write a letter or e-mail outlining your concerns and what you would like to discuss. This can be particularly helpful if you live far away and only have a weekend to have these talks.

Get additional tips on having a productive conversation with your parents at genworth.com/lets-talk.

The important thing is that you don't aim for perfect the first time out – just aim for getting the conversation started.

What To Talk About

These conversations can go in all sorts of directions. Sometimes it's best to let that happen. But here are a few key topics you should be sure to cover.

- **How are things now?**
Are there things that can be done now to make life easier for your parents?
- **Option A and Option B.**
If there's a crisis, how will your parent get help? Who should be called? Do you have contact information for other family members, neighbors, friends, doctors, lawyers and local service providers?
- **Legal issues.** Pretty much every adult should have an up-to-date will, a durable power of attorney, a living will and a power of attorney for health care. Encourage your parents to have these documents and know where they are kept.
- **No place like home.** Most people want to stay in their own homes as they age, but it's not always an option. Where would your mother

prefer to live if she couldn't stay at home? What options are available? What matters most to her?

- **The cost of care.** Long term care (care at home, in an assisted living facility or in a nursing home) can easily deplete hard-earned savings and you may not qualify for government programs. Have all the funding options been considered – long term care insurance, family, retirement income preparation?

Find more information at genworth.com/lets-talk.

————— What to do *next*? A quick checklist. —————

- Gather important records (medical, legal, financial, etc.) in one place.
- Create a contact list and share it with everyone on the list.
- Educate yourself on the difference between health insurance and long term care insurance, and on the options for receiving long term care.
- Consider how any long term care needs would be funded.
- Encourage your parents to work with their financial professional to get all the pieces in place and documented.
- Think about yourself. Work with your financial professional to create your written strategy for living a long life.

Revisit the conversation with your parents once in a while, as needs and circumstances may change.