

FOR CAREGIVERS

Make a Conversation Game Plan

Think about a conversation you've been wanting to have with the person you care for. When you need to talk about a difficult topic, it will help to have a plan. Knowing what you want to talk about is important, but it's just the first step. Finding the right time and the best way to say it is also helpful.



CHOOSE THE RIGHT TIME

Is the person you care for a morning person or more of a night owl? Plan to talk at a time when you are both in the right frame of mind.



FLEXIBILITY

Some people want to talk things out on the spot. Others need time to think. Would it help to bring up what you want to talk about, then sit down later to talk when you're both ready?



CREATIVITY

Maybe this topic is hard to talk about face-to-face. If so, get creative. Write a letter. Send an e-mail. Make a phone call. Find something that works for both of you.

COMPLETE THIS AHEAD OF TIME TO GATHER YOUR THOUGHTS

I want to talk about _____

This matters to me because _____

Some of the important points I want to make are:

1. _____

2. _____

3. _____

FOR THIS CONVERSATION, THE BEST...

TIME to have it is

Way to **START** it is

Way to **HAVE** it is