How Can Family Meetings be Beneficial?

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Helping individuals impacted by the limiting effects of aging have an optimal quality of life
Purpose of a Family Meeting

- Builds understanding
- Improves communication and sharing of ideas
- Focuses on finding solutions and working through tough decisions
When is the best time to hold one?

- As early as a need arises
- When there is a change with the care receiver’s health
- Caregiver’s abilities change
Who should attend?

- Consider all relevant family members
- Friends
- Neighbors
- Professionals
- Anyone who is currently offering support or who has offered to help
What to consider before the meeting?

- Collect data, community resources in advance
- Make a list of issues to be discussed
- Invite all individuals
- Pick a time, place, date that works
- Ask a professional to facilitate
What to expect at a meeting?

- If possible include care receiver
- Keep agenda small for first meeting
- Designate a note taker
- Review agenda
- Discuss issues in order of importance
What to expect, continued:

- Find closure for each issue
- Create plan for who will do what
- Create spokesperson who will connect with others
- Plan next meeting
How often should meetings take place?

- Typically 1-2 weeks after initial meeting
- Whenever there is a change in the care receivers health or caregivers abilities
Outcomes:

- The care receiver accepts more help
- Each person feels heard and validated
- Issues and concerns get addressed
- More support is provided
Thank you for allowing me to share and GOOD LUCK with your own Family Meeting

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