



# 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

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## 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
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## 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



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## 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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