



Mary

Goal: Keep mom safe and happy, living independently in her own home.

Mom forgets some things. Is it normal or is it getting to a point I should be worried?

I wish mom would be more upfront about her health conditions.

Sometimes I feel unappreciated.

I spend more money helping mom than I can really afford.

I feel overwhelmed.

THINK

I worry about mom trying to do too much.

FEEL

DO

I spend more time helping mom than I can afford. I don't get much time to do personal things.

I worry about mom's balance, memory and cognitive skills.

SAY

I try to make mom comfortable even if she doesn't realize it or appreciate it.

I'll do my best to help.

I can't afford to pay for all the extras mom can't cover.

I don't have the time to do all the things for mom that she needs.