



How to Start the Long-Term Care Conversation:

A GUIDE FOR HOUSTON FAMILIES

Noticing changes in a parent can stir up a lot of questions. This assessment is a gentle place to start. Read through each section and check anything that sounds familiar. There are no right or wrong answers, and one checked box is not a cause for worry.



How to Use This Guide

Check every statement that feels true right now. When finished, look at how many you checked in each section and read the short guide at the end. Bring your notes with you if you decide to visit a community or talk with a doctor.

Section 1:

Home and Daily Upkeep

- ☐ Mail, bills, or paperwork are piling up
- ☐ The house is less clean or tidy than it used to be
- ☐ Laundry, dishes, or trash go unattended for long stretches
- ☐ Home repairs or yard work are being put off
- ☐ The refrigerator contains expired or spoiled food
- ☐ Groceries and errands have become hard to keep up with

Section 2:

Daily Activities and Personal Care

- ☐ Bathing, dressing, or grooming take more effort or happen less often
- ☐ Medications are missed, doubled up, or hard to keep track of
- ☐ Cooking full meals has become difficult, or weight has changed noticeably
- ☐ Moving around the house, managing stairs, or rising from a chair is harder
- ☐ There have been recent falls, or a growing fear of falling
- ☐ Clothing looks worn, stained, or not suited to the weather

Section 3:

Social Connection and Mood

- ☐ Visits with friends or family happen less often than they used to
- ☐ Hobbies, clubs, or favorite activities have dropped away
- ☐ Driving has stopped or feels stressful
- ☐ They seem more withdrawn, down, or anxious
- ☐ Most days are spent alone or in front of the television

Section 4:

Health and Memory

- ☐ Managing ongoing health conditions has become harder
- ☐ Appointments or doctor's instructions are missed or forgotten
- ☐ Memory lapses are affecting daily life, including names, dates, or appointments
- ☐ Familiar tasks or routes are causing confusion
- ☐ A recent hospital stay or new diagnosis has changed daily needs
- ☐ Caregiving is weighing on the family

What Your Answers May Be Telling You

A few checks across the guide may be normal parts of aging. Keep a caring eye on things and revisit this guide in a month or two.

Several checks, especially in personal care or health may signal a good moment to start the conversation and learn what support is available. Options like assisted living can help with daily tasks while your parent keeps as much independence as possible.

Many checks, or real concern for your parent's well-being may mean it's time to tour communities and speak with their doctor about the level of care that would serve them best.

Questions to Begin the Conversation

Starting the talk is often the hardest part. Choose a calm, unhurried moment, and lead with listening rather than solutions, ultimatums, or criticisms. These questions can help:

- What things have started to feel like more work?

- Is there anything around the house you wish you no longer had to worry about?

- How are you feeling about driving these days?

- What would make daily life more comfortable or enjoyable for you?

- Who do you see or talk with during the week?

- If you ever needed a little extra help, how would you want us to handle it together?

- Have you thought about what you would like the next few years to look like?

One conversation rarely settles everything, so give it time and plan for several talks. Keep the focus on what your parent wants more of, and invite them to be part of every step.

About Pegasus Landing of Vintage Park

Pegasus Landing of Vintage Park offers assisted living and memory care in northwest Houston, serving families in Cypress, Spring, Tomball, and the surrounding Harris County area. Residents receive help with daily routines from a care team that takes time to know each person by name. For older adults living with Alzheimer's or another form of dementia, the Connections memory care program offers a therapeutic, individualized approach.

When you are ready to talk it through, the care team at Pegasus Landing of Vintage Park is here to help.



ASSISTED LIVING & MEMORY CARE

(281) 320-9000

19929 Chasewood Park Dr, Houston, TX 77070

PegasusSeniorLiving.com



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