

5 QUESTIONS THAT MAKE IT EASIER TO TALK TO PARENTS ABOUT SOCIAL DISTANCING

The coronavirus outbreak has heightened the need for clear communication between adult children and their aging parents. It can be difficult to share concerns regarding social distancing when parents are not receptive to advice or are not taking the threats seriously.

OUR ADVICE, TALK WITH YOUR PARENTS & NOT AT THEM

1. There's been so much information about the coronavirus and social distancing in the news lately. I was wondering what you've heard?

- Encourages your parents to share information, which can lead to a dialogue.

2. Did you see that article/news broadcast about...?

- Allows you to share the latest news you want your parents to know. For example, it could be in regards to something happening in their city or neighborhood.

3. I'd love to hear about how your week went. What did you do?

- Provides insight into your parents' day-to-day behavior. Did they go to the market? Stop by the pharmacy? Visit a neighbor?

4. Did you know that there's a resource in your neighborhood that...?

- Allows you to share info about local resources available to your parents, such as grocery and medication delivery, meal delivery, etc. You can also offer to set them up with a service and manage the process for them.

5. Would you like to talk with...?

- Provides you with the opportunity to share information about how your friends are communicating with their parents. For example, "Did you know my friend John set up FaceTime so his parents could talk to their grandchildren?"
- This is also a great way to broach the topic of loneliness and/or lack of socialization and get parents on board with ways to communicate via technology.