

### **Hope Is Not a Plan: Preparing for Parent/Child Role Reversal**

- We all have hope that we will not have to move into a nursing home, that we will die in our sleep and not have to experienced prolonged suffering/pain, that we can die in our own home, or that our parents will naturally be open to talking about end of life issues. Yet, while we may “hope” these things, hoping is not really a plan, and when we only “hope,” we make it more difficult to move through difficult decisions.
- It can be much more helpful to talk openly and intentionally about the future rather than waiting until after there is a crisis.
- This 4 module workshop/seminar is a mix of psycho-spiritual education and emotional support for those who are experiencing the realities of Parent/Child role reversal.
- Modules cover the following topics: Emotional Impact of Role Reversal, Identifying and Addressing the Losses for both Elderly Parents and Children of Elderly Parents, Crucial Conversations, Renegotiating the Boundaries