

# Family CONVERSATIONS

## TALKING WITH LOVED ONES

Important life decisions—like downsizing, aging in place or exploring senior living can feel overwhelming. But open, honest conversations with family members can bring clarity, reduce stress, and ensure everyone's voice is heard.

## TIPS FOR SUCCESSFUL CONVERSATIONS

- **Start Early** - Don't wait for a crisis. Talking early allows time for thoughtful decisions and options
- **Choose the Right Moment** - Aim for calm, unpressured times when everyone can focus.
- **Listen First** - Understand each other's hopes, concerns and fears before offering advice
- **Be Respectful** - These decisions are personal ... approach them with empathy and dignity.
- **Use "I" Statements** - Say "I'm concerned about your safety in this home" rather than "You need to move."

## CONVERSATION STARTERS

- "Have you thought about what kind of support you might want in the future?"
- "How do you feel about staying in your home long term?"
- "If something unexpected happened, do we have a plan in place?"

Family conversations may not always be easy—but they're a gift of love, helping ensure choices reflect values, priorities and peace of mind.



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