

How to Successfully Avoid The 3 Classic POP Mistakes

by Jane Wolf Frances, M.S.W., J.D

How to Successfully Avoid The 3 Classic POP Mistakes

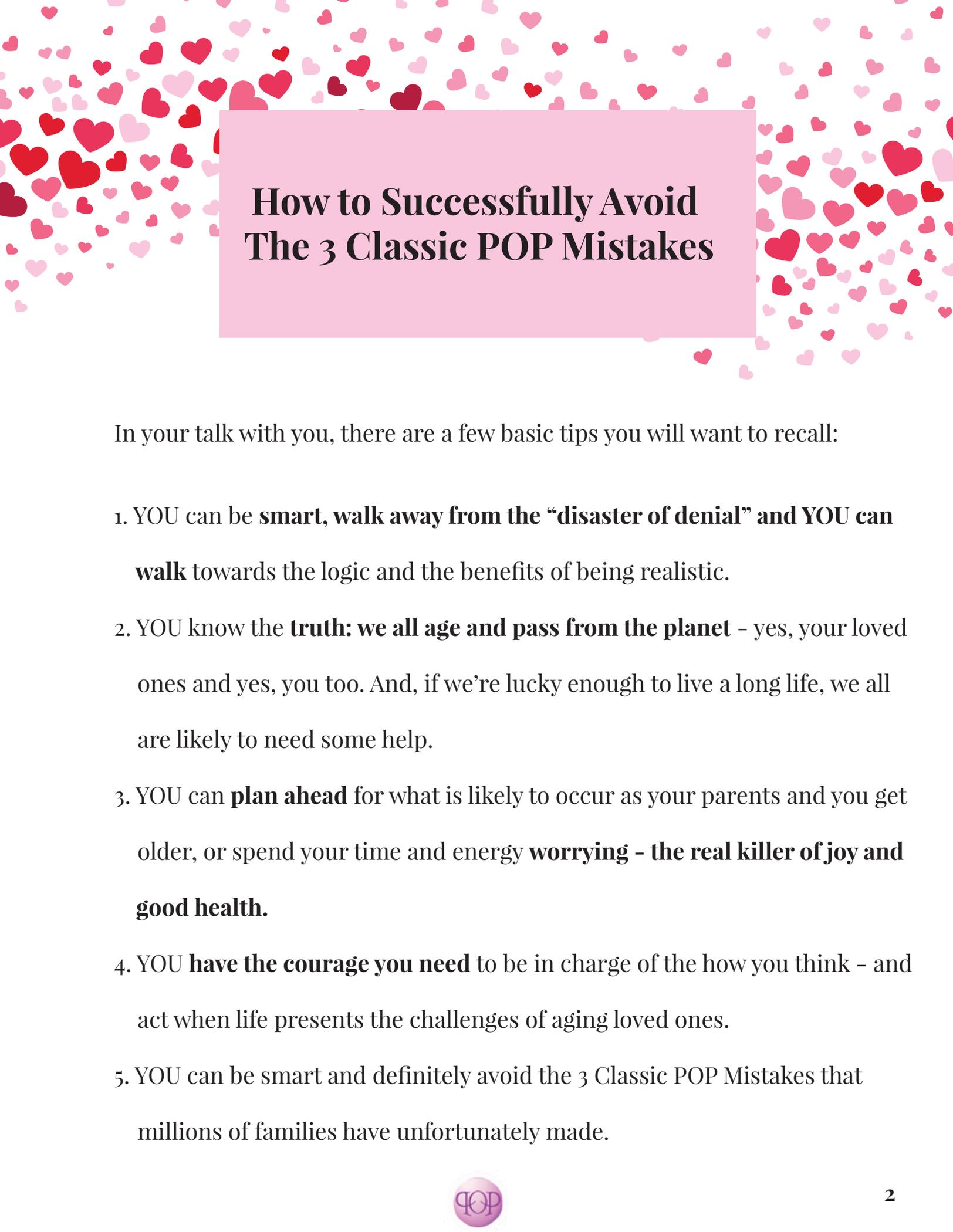
Let's begin at the beginning. Any time we want to learn something new, especially if it's important, it's useful to take a few deep breaths. Doing that helps us to center ourselves and actually lets us think more clearly and receptively as this breathing brings fresh oxygen to our brains.

The 3 Classic POP Mistakes all derive from our being intensely focused on the emotional side of our loved ones' aging. Feeling helpless to stop it, we often simply don't see and deal with what's obviously ahead.

To avoid that pattern, which can lead to disaster, and not make those Classic POP Mistakes, I suggest you have a talk with yourself .

Tell yourself that you are in charge of your how you think about the challenges being alive inevitably present. You can welcome the fact of change. You will be proud of yourself when you avoid making the very same mistakes others have fallen victim to.



The background of the slide is filled with numerous pink hearts of various sizes, scattered across the entire page. A large, semi-transparent pink rectangle is centered on the page, containing the title text.

How to Successfully Avoid The 3 Classic POP Mistakes

In your talk with you, there are a few basic tips you will want to recall:

1. YOU can be **smart, walk away from the “disaster of denial”** and **YOU can walk** towards the logic and the benefits of being realistic.
2. YOU know the **truth: we all age and pass from the planet** – yes, your loved ones and yes, you too. And, if we’re lucky enough to live a long life, we all are likely to need some help.
3. YOU can **plan ahead** for what is likely to occur as your parents and you get older, or spend your time and energy **worrying – the real killer of joy and good health.**
4. YOU **have the courage you need** to be in charge of the how you think – and act when life presents the challenges of aging loved ones.
5. YOU can be smart and definitely avoid the 3 Classic POP Mistakes that millions of families have unfortunately made.

How to Successfully Avoid The 3 Classic POP Mistakes

What are the 3 Classic POP Mistakes?

CLASSIC POP MISTAKE #1.

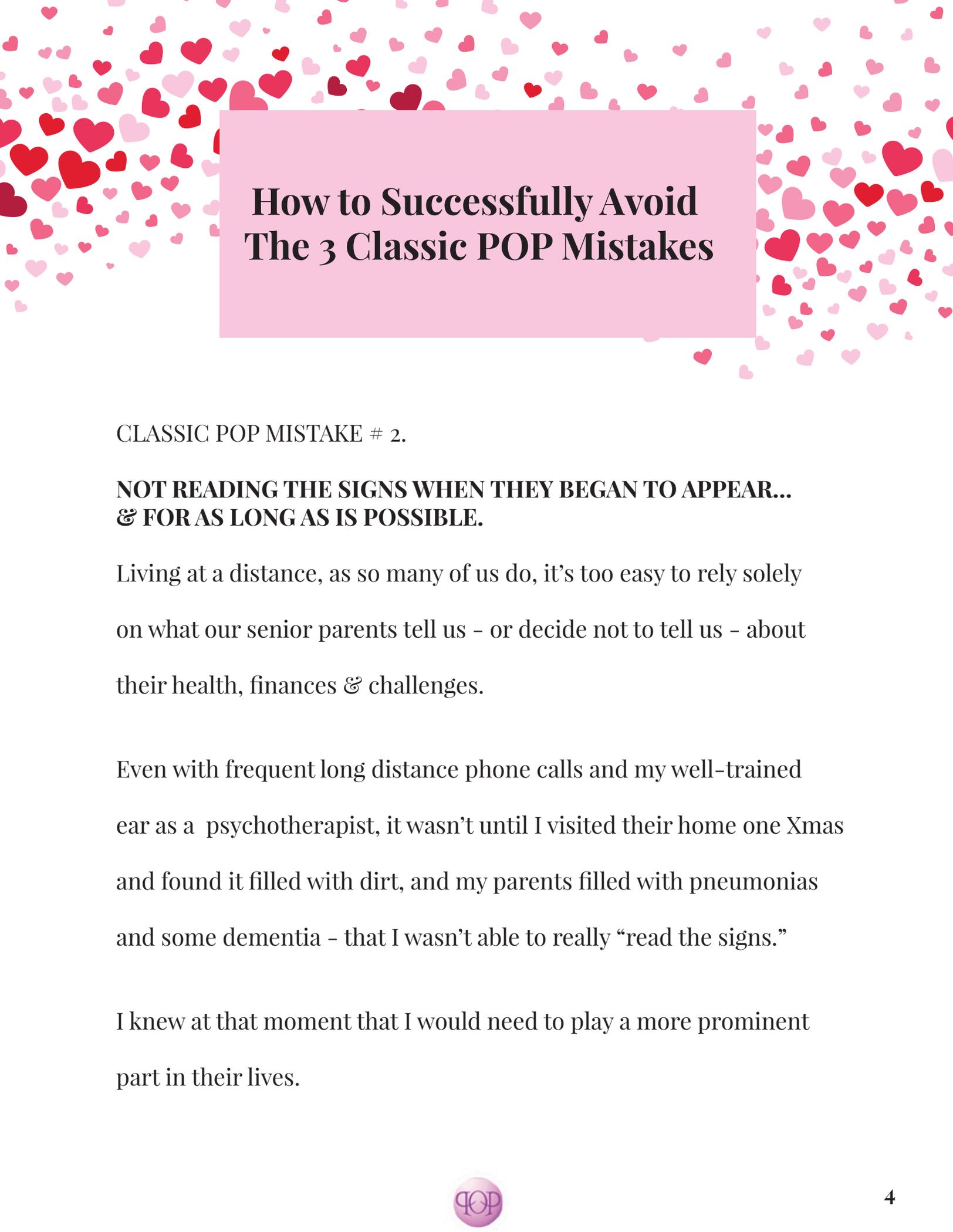
**NOT LETTING OURSELVES THINK ABOUT THE INEVITABLE,
THAT OUR PARENTS WOULD AGE AND DIE...**

In my case, I had two 85 year old parents still living in the two-story apartment they'd raised me in, and living 3000 miles away from their only child. *What was I thinking — or not thinking?? Who was going to take care of them?*

No one has gotten off the planet alive and planning for how you and your beloved parents want to live while they're here will actually make you feel that you have more control.

This is the beginning of your arsenal of useful POP tools!



The background of the page is filled with numerous pink hearts of various sizes, scattered across the entire area. A large, light pink rectangular box is centered in the upper half of the page, containing the title text.

How to Successfully Avoid The 3 Classic POP Mistakes

CLASSIC POP MISTAKE # 2.

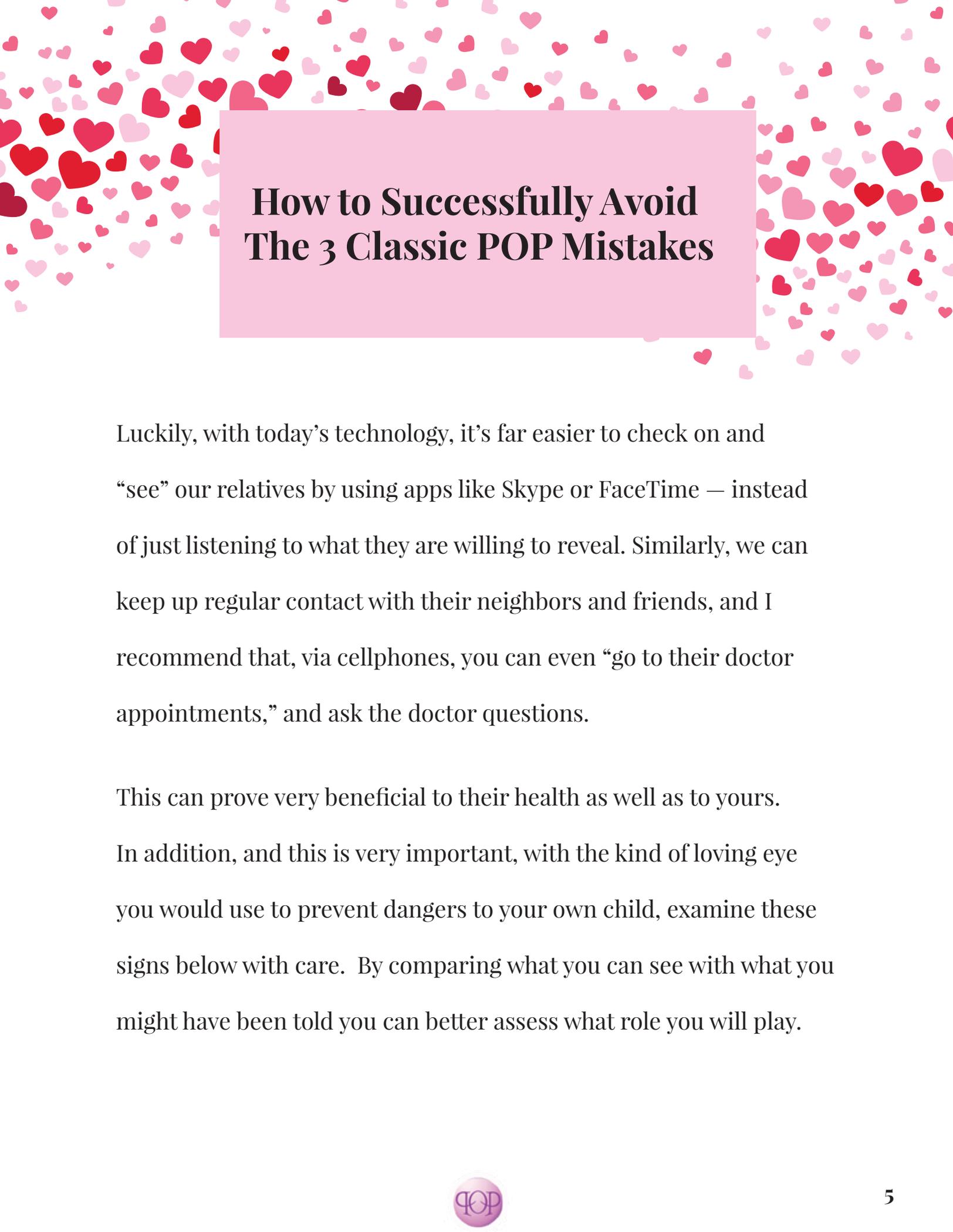
**NOT READING THE SIGNS WHEN THEY BEGAN TO APPEAR...
& FOR AS LONG AS IS POSSIBLE.**

Living at a distance, as so many of us do, it's too easy to rely solely on what our senior parents tell us - or decide not to tell us - about their health, finances & challenges.

Even with frequent long distance phone calls and my well-trained ear as a psychotherapist, it wasn't until I visited their home one Xmas and found it filled with dirt, and my parents filled with pneumonias and some dementia - that I wasn't able to really "read the signs."

I knew at that moment that I would need to play a more prominent part in their lives.



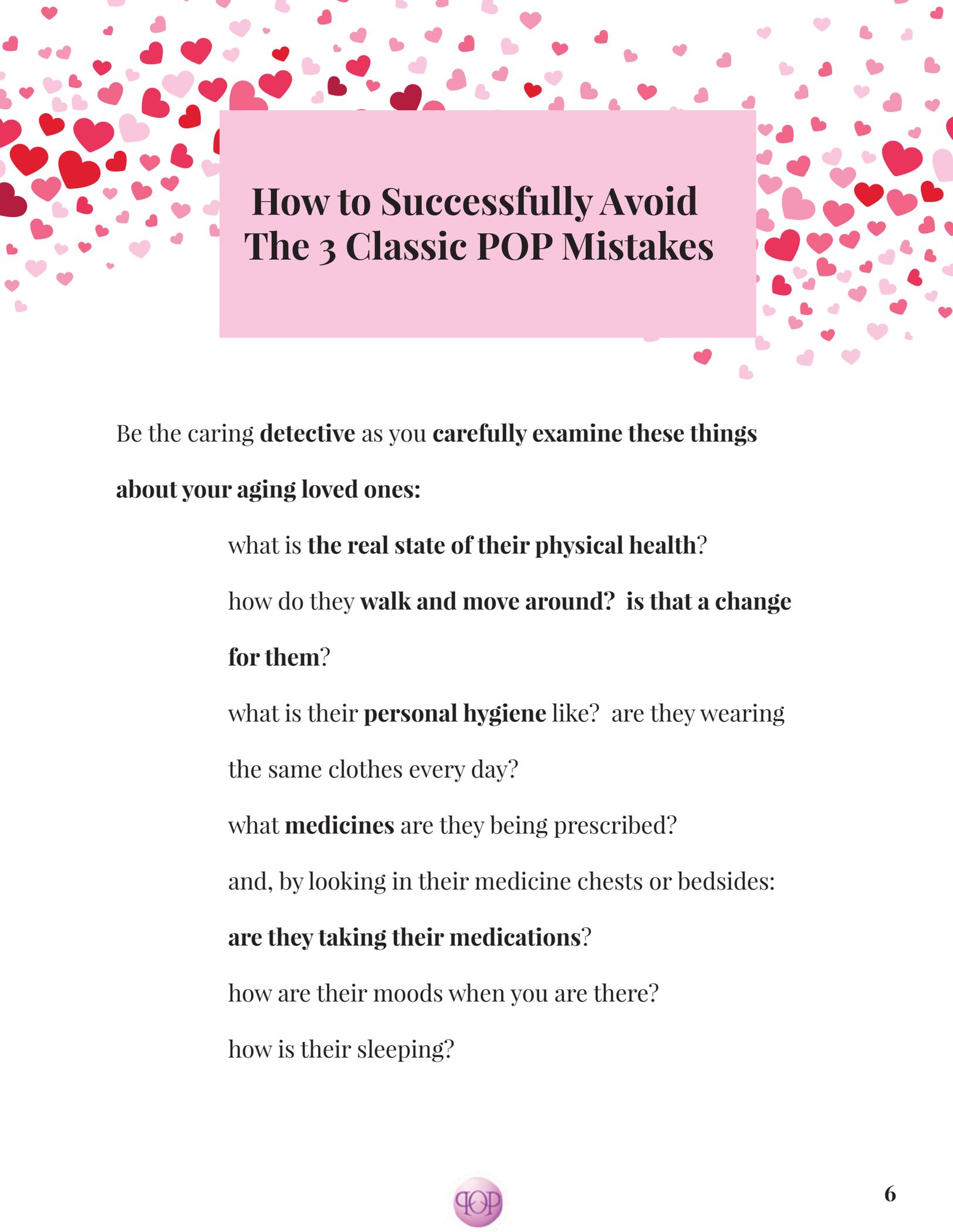
The background of the page is filled with numerous small, pink hearts of varying shades, scattered across the entire area. A large, light pink rectangular box is centered in the upper half of the page, containing the title text.

How to Successfully Avoid The 3 Classic POP Mistakes

Luckily, with today's technology, it's far easier to check on and “see” our relatives by using apps like Skype or FaceTime — instead of just listening to what they are willing to reveal. Similarly, we can keep up regular contact with their neighbors and friends, and I recommend that, via cellphones, you can even “go to their doctor appointments,” and ask the doctor questions.

This can prove very beneficial to their health as well as to yours.

In addition, and this is very important, with the kind of loving eye you would use to prevent dangers to your own child, examine these signs below with care. By comparing what you can see with what you might have been told you can better assess what role you will play.

A background of numerous pink hearts of various sizes scattered across the page. A large, light pink rectangular box is centered in the upper half, containing the title text.

How to Successfully Avoid The 3 Classic POP Mistakes

Be the caring **detective** as you **carefully examine these things**
about your aging loved ones:

what is **the real state of their physical health?**

how do they **walk and move around? is that a change**
for them?

what is their **personal hygiene** like? are they wearing
the same clothes every day?

what **medicines** are they being prescribed?

and, by looking in their medicine chests or bedsides:

are they taking their medications?

how are their moods when you are there?

how is their sleeping?

How to Successfully Avoid The 3 Classic POP Mistakes

And, look around **their home**:

what's in their refrigerator and **how fresh is it?**

are there obvious dangers that can be fixed easily like

removing slippery area rugs?

is there a lot of **clutter**, particularly in the halls?

could you install grab bars in their tubs?

are there “easy to slip on” **scatter rugs left around?**

how about dust and dirt, **things in need of repairs?**

And as you look further,

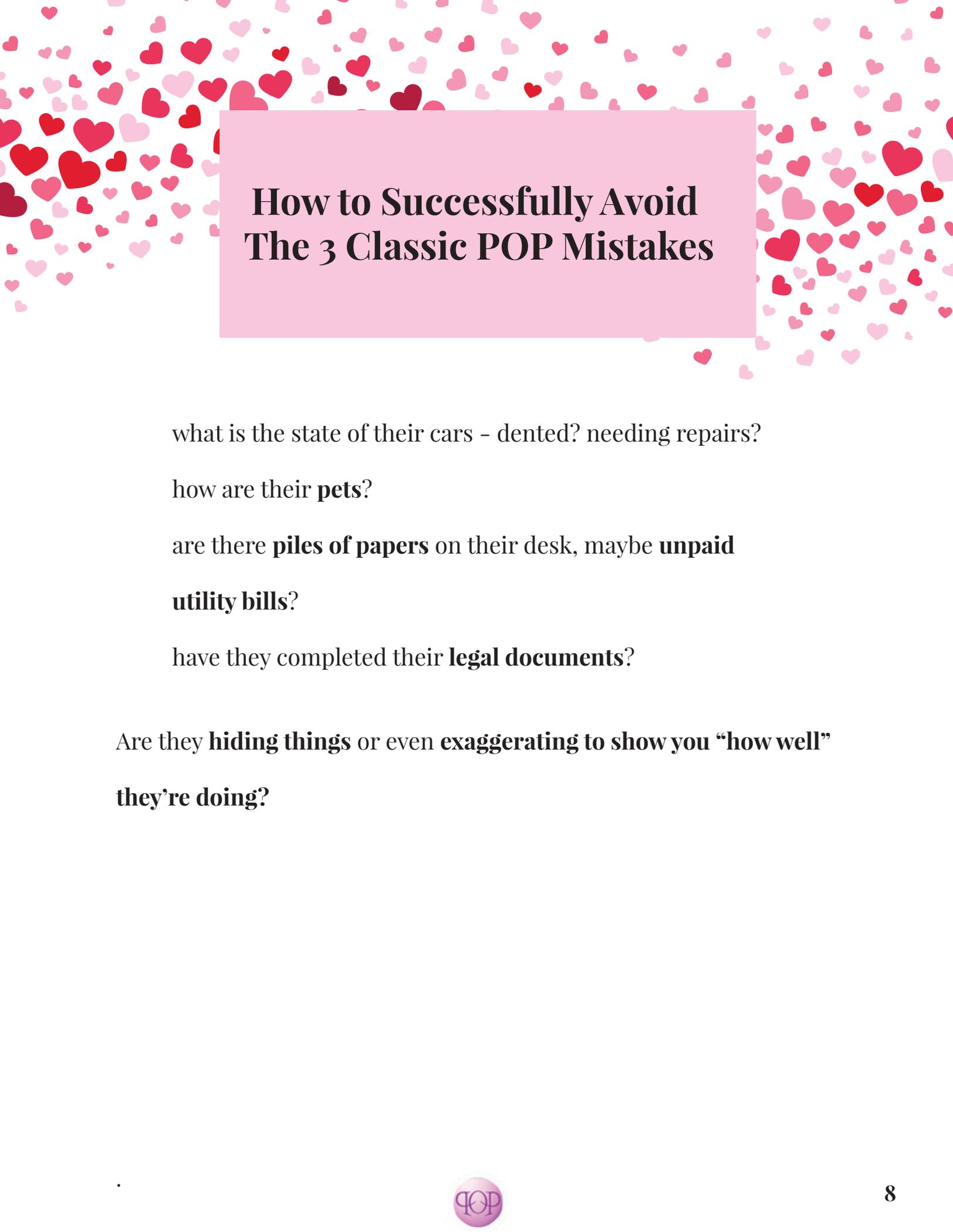
is their property well taken care of or in need of repairs

and maintenance?

are they still driving safely both for themselves and for

others on the road?





How to Successfully Avoid The 3 Classic POP Mistakes

what is the state of their cars - dented? needing repairs?

how are their **pets**?

are there **piles of papers** on their desk, maybe **unpaid**

utility bills?

have they completed their **legal documents**?

Are they **hiding things** or even **exaggerating** to show you “how well”
they’re doing?

How to Successfully Avoid The 3 Classic POP Mistakes

CLASSIC POP MISTAKE # 3:

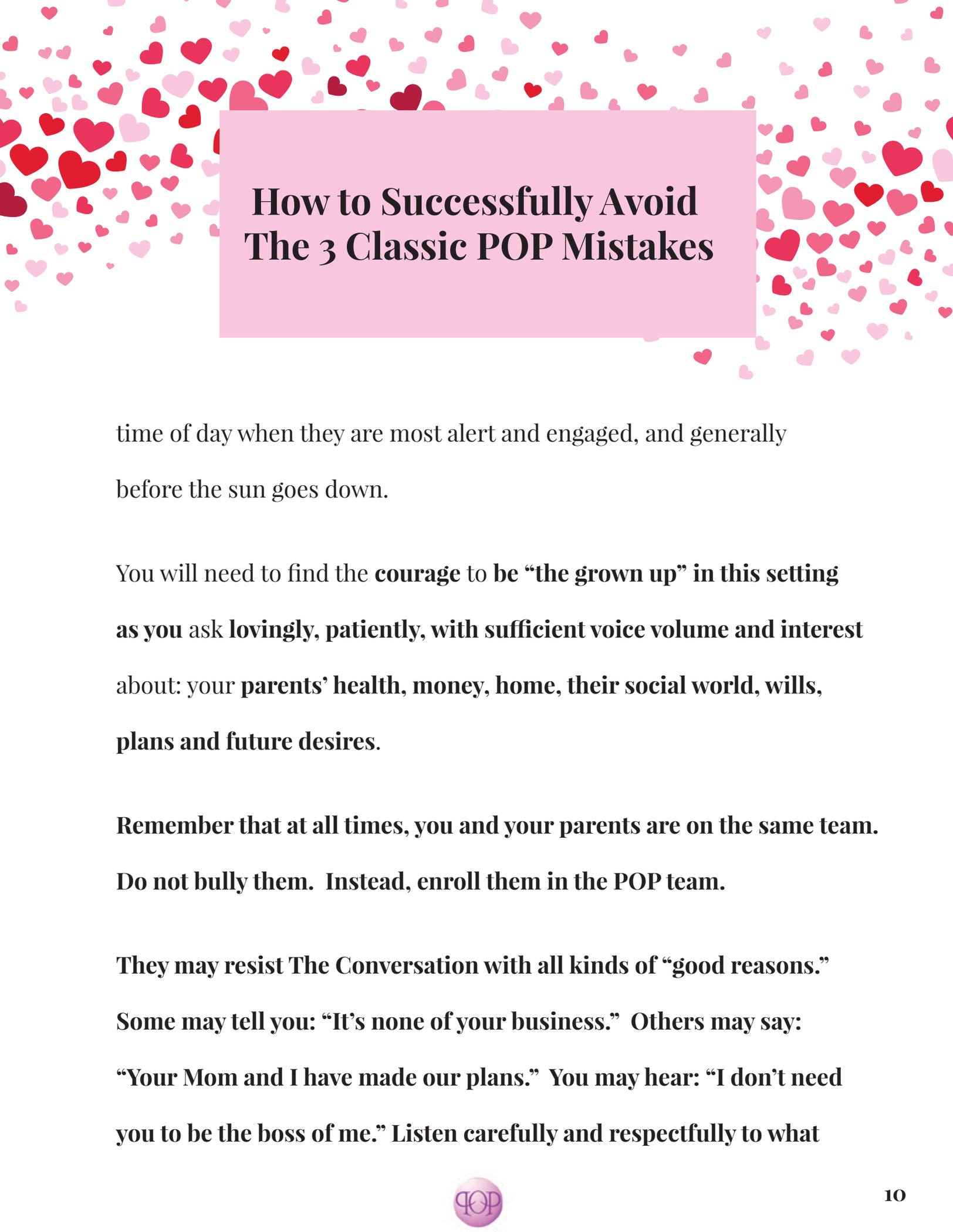
**WAITING WAY TOO LONG TO HAVE “THE CONVERSATION” WE
NEED TO HAVE WITH THEM ABOUT PLANNING FOR OUR
PARENTS’ AGING AND CARE.**

Almost from the moment you first allow yourself to think about your parents’ aging, it’s timely to begin talking with them about a POPlan. This is what I call having “The Conversation.”

You will also need to expect that The Conversation often takes more than one sitting for you to learn all you will need to know.

It is best to conduct The Conversation where your parents are comfortable, there is privacy, and everything doesn’t need to be said at once. You will likely want to have The Conversation at the



The background of the page is filled with numerous small, light pink hearts scattered across the entire area. A large, semi-transparent pink rectangular box is centered in the upper half of the page, containing the title text.

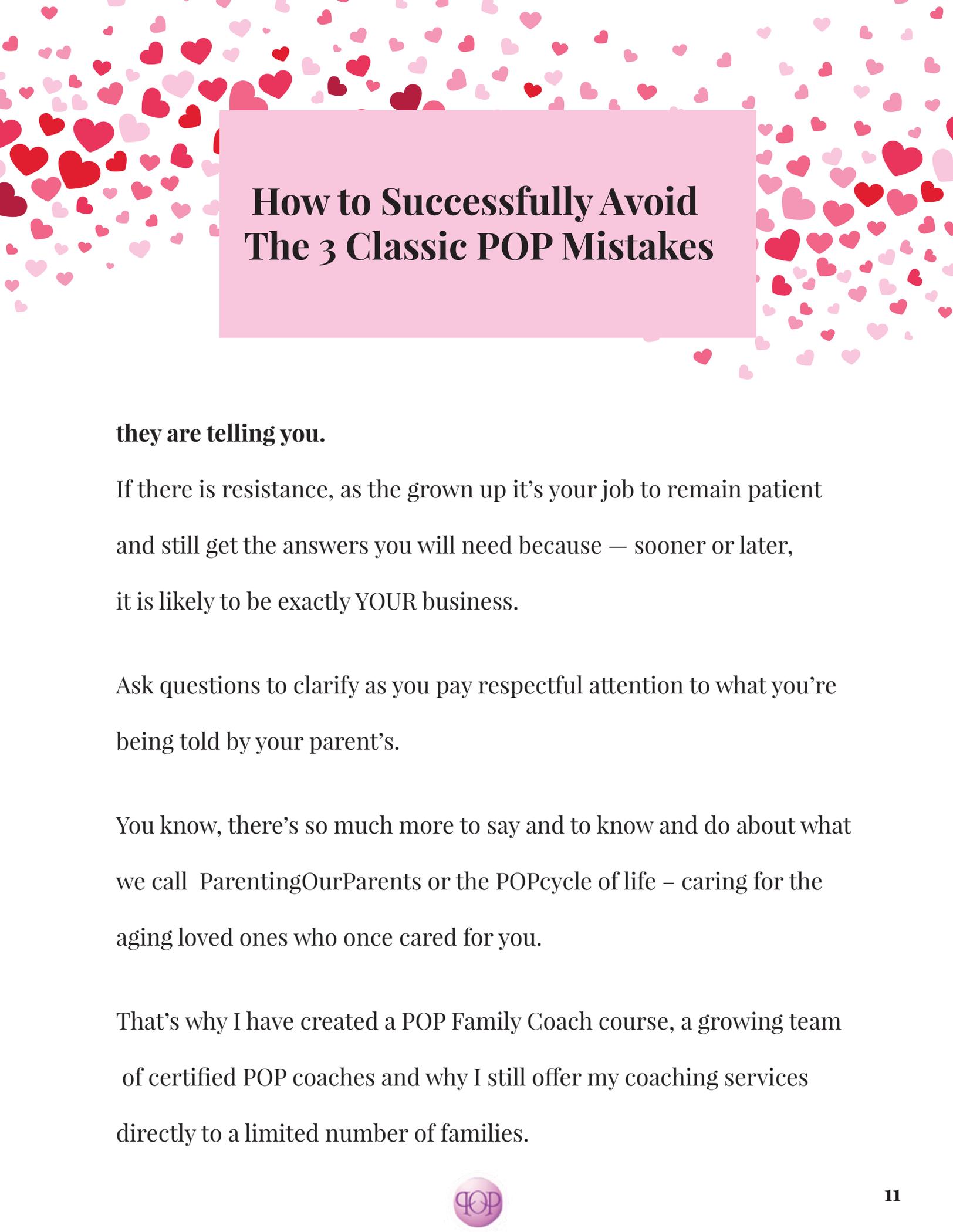
How to Successfully Avoid The 3 Classic POP Mistakes

time of day when they are most alert and engaged, and generally before the sun goes down.

You will need to find the **courage to be “the grown up” in this setting as you ask lovingly, patiently, with sufficient voice volume and interest about: your parents’ health, money, home, their social world, wills, plans and future desires.**

Remember that at all times, you and your parents are on the same team. Do not bully them. Instead, enroll them in the POP team.

They may resist The Conversation with all kinds of “good reasons.” Some may tell you: “It’s none of your business.” Others may say: “Your Mom and I have made our plans.” You may hear: “I don’t need you to be the boss of me.” Listen carefully and respectfully to what

A background of numerous pink hearts of various sizes scattered across the page. A large, light pink rectangular box is centered in the upper half of the page, containing the title text.

How to Successfully Avoid The 3 Classic POP Mistakes

they are telling you.

If there is resistance, as the grown up it's your job to remain patient and still get the answers you will need because — sooner or later, it is likely to be exactly YOUR business.

Ask questions to clarify as you pay respectful attention to what you're being told by your parent's.

You know, there's so much more to say and to know and do about what we call ParentingOurParents or the POPcycle of life – caring for the aging loved ones who once cared for you.

That's why I have created a POP Family Coach course, a growing team of certified POP coaches and why I still offer my coaching services directly to a limited number of families.



How to Successfully Avoid The 3 Classic POP Mistakes

All of this and much more is available at the website,

www.ParentingOurParents.org

And if you'd like me to make a video or an ebook about something
that's challenging you with your POPcycle, please write me at:

contact@ParentingOurParents.org.

Thank you.

Jane Wolf Frances

M.S.W., J.D

