

5 Phrases to Tell Your Aging Loved One

We've all heard the phrase about sticks and stones in reference to how we use our words. We also all know that the power of words on our feelings of self-esteem and worth doesn't lessen as we leave elementary school. In fact, words are one of the quickest ways to leave an impression on someone, including seniors.



Multiple studies have proven that a senior's attitude and positive thoughts towards aging can improve the aging process. For example, [The Journal of the American Medical Association](#) published a study that showed seniors who have a positive view of aging are 44% more likely to recover from a serious illness or disability. As a family member or friend who interacts with a senior loved one, the way that you speak can directly affect their view of aging, of life, and of themselves. Here

are a few of our favorite phrases to incorporate over your next conversations.

Your opinions are important to me.

All too often, seniors feel that aging means that well-meaning family members begin to speak for them. Show that you value your loved one's opinions by telling them as much, as well as asking for their opinion on big and small decisions that will impact them. This can go a long way in fostering a retained sense of independence and worth, along with giving your loved one plenty of ways to have a choice on matters ranging from what coat to wear to what caregiver to invite into the home.

Can you help me with this?

Keep that positive attitude towards aging in your loved one by resisting the urge to do everything for them. Unfortunately, loving family members can slip into a full-time caregiver role with an aging parent or friend; this transfer of roles can be detrimental to the senior's self-esteem and self-worth. Further, completing tasks for your loved one because it is easier can develop into a relationship that encourages dependence instead of fostering healthy independence.

You can do this, I know it.

A little encouragement can go a long way for people of any age. Instill some confidence

into your loved one by reminding them that they can do a task, whether it be buttoning a shirt or going to a dreaded doctor appointment. Your support can transfer an otherwise frustrating event into a task that reminds them that they are more capable than they think.

I'm here to help.

While you are encouraging your loved one to do a certain task, reminding them that you are ready to help can foster a sense of support and community. Even better, tell your loved one that you are available to help and that you would enjoy doing it. This 'happy to help' attitude will decrease your loved one's sense of being a burden, which can lead to a negative perception of aging.

My day is better after talking with you.

Finally, remind your loved one that your day is better after visiting or talking together. If you are able to give your loved one specific ways that your time together helped your day, you can continue to nurture a positive connection to aging and one another.

Our caregivers are well versed in speaking positivity with our clients. We would love the chance to help your communication skills, along with any other way we can be of service. [Give us a call](#) to find out how we can come alongside your loved one and family.

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