

## CHAPTER 2

# WHEN YOUR LOVED ONE IS RESISTANT TO CHANGE

We all want the people we love and care about to be happy and safe. However, as our loved ones age, their safety and well being becomes more of an issue. They are fearful of losing their independence, and any assistance is viewed, through their eyes, as the beginning of the end. Withholding information about health issues, even to a medical professional, can be a common occurrence.

*Sally's mother Edna had an appointment with her cardiologist. Although Sally usually takes time off from work to drive her mother to medical appointments, Edna refused her daughter's offer to drive her there. Edna didn't want her taking off from work again. Sally didn't want her mother to know that her productivity had been decreasing at work due to many daily phone calls from her mother. When Sally spoke to her mother later in the day, Edna was exhausted from waiting for the bus to take her and pick her up and from waiting at the doctor's office. Sally was frustrated and angry, and she felt like she had failed her mother. At the same time, she was torn because of her work obligations.*

We like to think that our relationships with our aging loved ones will become better with time, but, more often than not, that is not the case. Finding ways to appreciate those relationships will help to break the cycle of strained relationships. Try engaging in activities that are pleasant or entertaining for both of you. This will help focus attention in the present as well as give everyone new memories to reminisce about later.

There is a delicate balance between helping those we love who are in need of assistance and trying to take care of other obligations, including our careers,