



How do we deal with major

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Ask yourselves how you came to your different ways of thinking about the issue. Was it...your own observation?...your own worries about risks involved?...another person's observation or opinion?...a professional's opinion?...or, was it something else?

Also, reflect on how you are communicating your viewpoints. For example, consider your body language, tone of voice, and the words you are using.

In times of disagreement, the use of "I" statements can be particularly helpful. Begin sentences with "I need..," "I hope that..," "I'm afraid that..," rather than "You should..," "You always..," "You never..."

2 Demonstrate

Do a "show and tell" exercise. If the family meeting is being held in the home of the person with care needs, he or she might demonstrate how certain tasks are accomplished or how they are a problem. This is also a good way to see what kinds of equipment or home modifications might be needed.

