



**Alzheimer's
Arkansas**
Programs and Services

Dealing with Caregiving Challenges

Do you allow Mom to smoke, despite her dementia and living alone in a senior apartment complex? Do you respect your Dad's right and autonomy despite his 90+ years of life? With poor vision and beginning forgetfulness, do you allow him to drive across the state to see an old friend who is ill?

Adult Children of aging parents face many challenges when concerns of safety conflict with the elder's choices that relate to independence. Adult children often face resistance from their parent.

In the first story above, the daughter decided to tell the property manager, who then gave the mother an eviction notice. She then helped Mom find an assisted living facility that would manage the smoking and the cigarettes as part of the "rules or laws" of that new community. Mom adjusted and daughter wasn't the bad guy; the apartment manager was.

In the second story the son decided to take some time off work and told Dad he would love to drive with him and in fact they could take the son's newer car (knowing Dad would not want to drive it).

In both stories, dignity and respect were honored and the bad choice was made manageable and without unnecessary drama.

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