



NAVIGATING ROLE REVERSAL WITH AGING PARENTS

One of the most emotionally complex parts of caring for aging parents is the gradual role reversal between parent and adult child. Adult children often become a source of support, reassurance, and primary decision-making—a meaningful but sometimes difficult shift. Here are tips for navigating it:

ASK FOR THEIR OPINIONS & WISHES

Involve your parents in decisions whenever possible. It preserves their dignity and eases the stress of choices being made without them.

SET REALISTIC EXPECTATIONS

Role reversal is gradual, not instant. Some days are hard. Aim for progress, not perfection—you're both adjusting.

COMMUNICATE CLEARLY & CALMLY

Speak calmly, don't rush decisions, and stay respectful to preserve trust.

SEEK YOUR OWN SUPPORT

You're not alone. Lean on therapists, friends, and caregiver support groups for guidance and community.

LEAN ON PROFESSIONALS

Elder law attorneys, social workers, care managers, and clergy can offer clarity and reassurance when things feel overwhelming.

TAKE CARE OF YOURSELF

Self-care is essential, not optional. Good meals, movement, and rest help you show up with patience when it matters most.

Though the roles may change, your love and commitment remain the same—and that's what matters most.

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