GREEN HAVEN ASSISTED LIVING • SPRING BRANCH, HOUSTON 77080

Holiday Family Conversation Guide

A Practical 2-Page Pocket Resource for Houston Families Visiting Aging Parents This Thanksgiving

Thanksgiving offers a rare opportunity to observe your parents in their daily home setting. Provided by Green Haven Assisted Living (Spring Branch, Houston), this confidential guide helps you track subtle safety signals and prepare for empathetic family discussions.

Section 1: The 15-Minute Thanksgiving Observation Checklist

Kitchen & Meals

- ☐ Expired or spoiled food in fridge/pantry
- ☐ Scorched cookware or forgotten stovetops
- ☐ Overreliance on processed, single-serve snacks
- ☐ Unexplained or noticeable physical weight loss

Home Safety & Mobility

- ☐ "Wall-walking" or leaning on chairs for support
- ☐ Difficulty or hesitation climbing steps/stairs
- ☐ Dark hallways, clutter, or lack of grab bars
- ☐ Unexplained bruises or signs of recent falls

Grooming & Personal Hygiene

- ☐ Wearing unwashed, soiled, or mismatched clothes
- ☐ Unkempt hair, untypical personal odor
- ☐ Hesitation or fear around shower/bath routines
- ☐ Difficulty managing laundry or basic grooming

Cognitive & Social Health

- ☐ Retreating during cross-table dinner chatter
- ☐ Repeating the same question multiple times
- ☐ Disorientation regarding time, dates, or places
- ☐ High fatigue or anxiety in group settings

Household & Financial Management

- ☐ Stacks of unopened mail or unpaid utility bills
- ☐ Overgrown lawn, unkept rooms, dish piles
- ☐ Missed or mixed-up daily prescription pillboxes
- ☐ Unexplained new dents/scratches on vehicle

Golden Rule: Never raise care concerns directly at the Thanksgiving dinner table. Observe quietly, make private notes, and align with siblings before holding a quiet 1-on-1 talk after the holiday.

Section 2: Sibling & Family Alignment Matrix

Preparation Step	Action Items	Key Goal / Objective
Pre-Talk Check-in	Meet privately with siblings before approaching parents to discuss observations.	Present a united, supportive family front without internal disagreements.
Lead Speaker	Designate one lead spokesperson with whom the parent feels most comfortable.	Avoid group interventions that cause defensiveness or emotional shutdown.
Shared Goals	Agree that the immediate goal is to plant a seed and offer a tour, not force a move.	Respect parental autonomy and keep conversations collaborative.
Houston Research	Explore options like boutique residential care homes (Green Haven) vs. large facilities.	Provide clear, realistic care information and cost context upfront.

Section 3: Parental Resistance & Dialogue Reframing Guide

When raising senior care, parents often push back due to fear of losing independence. Use these reframing scripts:

What Your Parent Says	Root Concern / Emotion	Empathetic Reframe Script
"I'm fine in this house. I don't need help."	Fear of losing personal control and familiar home surroundings.	*"You've run this house wonderfully. I want to make sure you have help with heavy maintenance so you can focus on enjoying your retirement."*
"I'm not going to an old folks" home."	Outdated mental image of cold, clinical institutional facilities.	*"I wouldn't want that either. Modern boutique homes like Green Haven in Spring Branch feel like a real family home, minus the cooking and chores."*
"It costs too much money."	Worry about exhausting savings or being a burden on adult children.	*"Let's look at the numbers together. When you add up property taxes, home upkeep, and private caregivers at $28–$35/hr in Houston, staying home often costs significantly more per month than an all-inclusive care home like Green Haven."*

Section 4: Post-Thanksgiving Action Roadmap

Timeframe	Core Action Item	Key Objective
Week 1 (Post-Holiday)	Follow up with a gentle phone call. Reference the talk warmly and validate their feelings.	Keep dialogue open without pressuring.
Weeks 2–3	Invite your parent to tour a local boutique care home for a casual private visit.	Demystify residential care in a comfortable, home-like setting.
Week 4	Discuss a short-term 2–4 week winter respite stay as a trial period.	Experience community care with zero long-term commitment.

Section 5: Local Houston Care Support & Consultation

Green Haven Assisted Living

Address: 2223 Campbell Rd, Houston, TX 77080 (Right off I-10 & Blalock in Spring Branch)
Phone: (713) 893-7827 | **Website:** www.greenhavenalf.com
Conveniently Serving: Spring Branch, Memorial, The Heights, and Greater Houston Area

Green Haven Assisted Living is a premier boutique residential care home providing personalized, all-inclusive assisted living and short-term holiday respite stays. We invite Houston families to schedule a private tour to see our home firsthand.