



Connecting You to Community Services

June is for Fathers



Each June, we take time to honor dad. We reflect on the countless lessons we have learned from him, the special times we have spent together and his many contributions to our life.

This June, when you get together with dad or give him a call, take some extra time and figure out how he is *really* doing. Here are **five questions to consider** that might be helpful for Dad and the rest of the family to ensure he stays happy, healthy and safe.

1. **Are there major changes?** Take note of physical and psychological changes that may be happening. Check the [10 Warning Signs](#) that indicate your father might need some additional assistance.
2. **Are medications difficult to manage?** Many older adults take a series of medications. This process can often get confusing and difficult to manage. Find out how your father tracks his medicines and suggest tips that can help with [Managing Medicines](#) to ensure he stays healthy and safe.
3. **Is it easy for him to get around?** Dad might be able to drive now, but that might not always be the case. It is important to learn about what types of [Transportation Options](#) might be available to him in case driving becomes no longer an option.
4. **What about end-of-life planning?** Are you familiar with your father's end-of-life wishes? Get tips on initiating the conversation on these difficult issues. [Let's Talk: Starting the Conversation about Health, Legal, Financial and End-of-Life Issues](#) provides practical ways to start the conversation and suggestions on what to discuss.
5. **How do we keep in touch?** Visits and phone conversations are great, but they are not always possible. Make sure Dad can keep in contact. Is he familiar with emailing, texting and using Facebook? Make sure your Dad is comfortable [Staying Connected](#) many different ways.

If you find that Dad might need some assistance, you are interested in learning more or would like a free copy of one of these brochures, call the **Eldercare Locator** at 800.677.1116 or visit www.eldercare.gov to get connected with trusted local aging resources in your community.