



3 Simple Ways to Help Your Aging Parent Feel Useful Again *(Without taking over or causing frustration)*

Something feels different...

You're helping.

You're showing up.

You're doing what needs to be done.

And yet...

They're quieter.

Less engaged.

Less like themselves.

Most families assume this is just part of aging.

But often, something else is happening:

They've lost their role.

1. Give One Small Responsibility

Not a big task.

Not something overwhelming.

Just something small and real.

Examples:

- *Choosing what's for dinner*

- *Folding towels*
- *Calling a family member*
- *Saying a prayer for someone*

These small roles matter more than they seem.

They rebuild confidence.

They restore purpose.

2. Offer Choice Instead of Open Questions

Open-ended questions can feel overwhelming.

Instead of:

“What do you want to do today?”

Try:

“Would you rather sit outside or go for a short walk?”

Instead of:

“What do you want to eat?”

Try:

“Would you like soup or a sandwich?”

This keeps them involved—without pressure.

3. Pause Before Helping

This one can feel uncomfortable.

But it's powerful.

Before stepping in, ask yourself:

“Can they do part of this on their own?”

Let them try.

Let it be imperfect.

*Because sometimes ability fades...
simply because it's no longer being used.*

This is a starting point.

These shifts are simple.

*But applying them in real life—
when emotions are involved,
when your parent resists,
when you're not sure what to say...*

That's where most families get stuck.

That's exactly what I walk through step-by-step in my class.

*Not just what to do
But how to actually do it in real life*

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