

Forget-Me-Not Spotlight

THE OTHER TALK

A Guide to Talking with Your Adult Children About the Rest of Your Life

By Tim Prosch

Remember “the talk” that you had with your teenage children about the “birds and the bees” that you put off and put off but, finally, knew you had to have? This book is about “The Other Talk” that needs to be had with adult children about decisions and issues your family needs to discuss while you (as a parent) are still able to lead the conversation.

This book will help you plan for decisions that must be made at a later time. PLANNING for what will, eventually, happen instead of making split-second decisions at an emotional time that might not be good decisions. *The Other Talk* is designed to help you get past the emotional barriers that may exist between you and your family, starting an open dialogue about the four essentials for the rest of your life:

1. Financing your uncertain future
2. Selecting the best living arrangements
3. Getting the medical care you need
4. Taking charge at the end of your life

Prosch wrote this book because of the declining health of his own parents, the tug-of-war in 2005 between Terri Schiavo’s husband and her parents, the “perfect storm” that is brewing in geriatric care – more people, longer lives, and fewer medical professionals, and the hundreds of interviews he has conducted with people who are determined they do not want their kids to suffer through the same frustrations, arguments, etc. they experienced with their parents.

By having “The Other Talk” with your children before it needs to be implemented, the difficult decisions will be made and just need to be carried out. All family members will know what your wishes are and how to implement them. This can avoid multiple catastrophes, some of what he gives examples of in this book – broken families, divorce and/or bankruptcy of the children, etc.

People are living longer than ever before, but there is a downside to those extra years. The medical advancements and a commitment to healthy living has resulted in people dying gradually rather than suddenly. Heart attack deaths have dropped 61 percent and stroke fatalities have declined 71 percent from 30 years ago. The implication for you and your family is that this will mean a need for assisted-living and medical expenses. You need to

start preparing.

Throughout the book, Prosch gives ideas and ways to make this transition bearable to all. He, also, provides examples of people who have or have not had “The Other Talk” and what has happened.

“The Other Talk” will give you and your family the freedom of getting the most out of the rest of your time together and will ensure your family’s well-being, financial and emotional, when you are gone.

Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer’s Awareness. This book is available in our Forget-Me-Not Resource Center on the 2nd floor of the Effingham Public Library.