

Good News!



POSITIVE STEPS
Getting Residential Choices Right for Later Life

“The best news in 2017 about a business helping and supporting over 55’s”

How many older parents, relatives, friends and neighbours do we all know who are wondering (and perhaps worrying) about what their next step in life needs to be. Should they make big changes, for example, to their home because of health issues, downsizing needs, social isolation or other reasons?

Is your mother or father entering an increasingly dependent stage and you’re worried about how the finances can best be managed for everyone’s sake?

Are you a service professional with a client whose family is in stress and conflict about how care and everyday practical issues need to be worked out for an elderly relative?

These questions, dilemmas and quandaries are becoming everyday issues for an increasingly widespread cross-section in the community.

Welcome to Positive Steps

Positive Steps is a professional service that supports older clients (AND their families) in the difficult time of increasing dependency in later life. This often means elderly people changing their existing living situation ... into their next residential step.

For full explanation of services, and the founder, Connie Comber, please see www.positivesteps.com.au

Our tagline is “Getting Residential Choices Right for Later Life”, emphasising that, “Getting It Right” isn’t easy and families ‘getting it together’ can be hard.

So we offer specific supports to family decision-making; decision-making that can often become disrupted, even immobilised, by disharmony, dysfunction or outright conflict.

Positive Steps has a studied and experienced understanding of family life at this later life stage, offering clients:

General coordination service around elderly residential change and transition

[Read more online.](#)

Family meeting process...

Families offered structured 1 to 4 meetings over 1 – 6 months, covering essential tasks and decisions for an elderly relative’s increasing dependency phase. Meetings don’t have to be face-to-face and can be online via e.g. skype and various digital exchanges.

[Read more online.](#)

Mediation - formal dispute resolution process for families in dispute and conflict over key issues, including wills and estates.

“We also offer training, workshops, presentations to professional services and the aged care sector”

Why Positive Steps Training & Workshops?

The ever-expanding demographics of people reaching elderly and dependent life stages are well known. There are countless families preoccupied with critical decision-making for their elderly relative's health and lifestyle adjustments. The impact of this throughout the extended family (offspring, siblings, grandchildren) is community wide.

While it's implicitly acknowledged that elderly people with dependency issues require attention from their surrounding families (of probably middle-aged offspring) this demanding, often conflicted expectation is not being fully addressed.

**This “silence” is not helpful:
“there's an elephant in the room”.**

As John Watkins (CEO of Alzheimer's Australia, NSW) says in his Sydney Morning Herald article on 16th June, 2016:

“Middle-aged men and women are having conversations about a subject they dread: what to do about Mum or Dad. More used to struggling with errant teenagers, these men and women will have reached that stage of their lives when, without wanting it, their attention turns to decisions over the future care of their aged parents ...

“There may be siblings who co-operate in common purpose but that is often not so. Disagreements over parental care can open families up to the bone. For most, this time will be confusing, confronting and emotionally draining.”

Read the whole article online.



Additionally, this distress is not contained within family boundaries. The time consumed by these contortions in family life is costly across widespread touch-points, e.g.

- aged care service staff time and energy involved often ‘caught in the middle of the family fracas’.
- professional service providers attending to the quagmire of family disagreements; financial planners, accountants, solicitors.
- distracted attention in the workplace of family members who can be quite distressed by sibling conflict.
- stress of the original family's dysfunction can routinely ‘leak’ (be sublimated) into outrage “at” service providers in the form of complaints and other attention-seeking demands.

Knowledge about
People & Families
in Later-Life

Solutions >

Connie Comber

Founder and Mentor, Positive Steps for Later Life

connie@positivesteps.com.au - 0418 488 819 - www.positivesteps.com.au

Positive Steps is speaking out

...and offering a way forward

We are now offering **educational and training sessions for professional service providers**, staff of aged care providers and relevant client audiences.

Not only will providers be better equipped to recognize and handle family intervention needs, this provides a value-add specialty that is not currently being well-served. The potential for reputation building as a service provider-with-a-difference in this poorly serviced field is self-evident.

Presentations could also be offered to well-targeted audiences, for instance a collection of interested attendees in the 50+ cohort; such as, providing seminars to relevant clients on a provider's database, or residents' relatives meetings in aged care facilities.

In summary, Positive Steps can provide...

Indirect Support Services:

Educational training for service providers

Information covering:

- Where does dissonance in family life come from (and therefore, how does it end up so common) – including, the new scientific evidence in neuropsychology and anthropology.
- The sociology of ageing and aged care and the impact on family structures.
- Financial impacts on family functioning.
- The influences of stress and conflict.
- The influences of achievement and effectiveness – difficult times handled well.

Practical how to's:

- What needs to happen; structures, tasks, processes and monitoring.
- What can be done better.
- Things to say.
- Places to refer families to.

Client education seminars

Groups of relevant clients and their invited attendees for information workshops (educational awareness sessions).

Presentations/speaking engagements

"Family Strife in Later Life. Yes, it can be handled well."

Direct Support Services:

General coordination service around elderly residential change and transition

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About the founder of
Positive Steps, Connie Comber

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