

# Talking About Aged Care – A Family Conversation Guide

Gentle prompts and activities to help children understand aged care transitions.

## Simple Ways to Explain Aged Care

- Grandma needs extra help now, and aged care is a place where people are always there to support her.
- It's like a new home with nurses and carers who keep her safe and comfortable.
- She's not moving away from us—we can still visit, call, and talk just like always.
- Her body may be slower, but she still remembers who we are and loves hearing from us.

## Discussion Starters

- What do you think aged care means?
- How do you feel when we visit Grandma?
- What do you miss about how things used to be?
- What do you want to tell Grandma when we see her next?

## Creative Activity

Ask your child to draw a picture or write a letter for their grandparent in aged care.

It can include something they love doing together, a memory, or a simple 'I miss you'.

Bring it on your next visit or send it in the mail—it can mean the world..

*Created as a companion resource for 'Grandma's New Home' by Roy Wood.*