

JANUARY 2026

HOLISTICARE HOMES

SAVE OUR SANITY SOCIETY NEWSLETTER



How to Support Your Child Through Life's Changes

In this lifetime, our children are what matter most. We'll do anything to help them feel prepared, supported, and ready. Here are a few gentle steps to guide them through this transition — plus templates at the end to help you plan.

5 Things Every Adult Child Wishes Their Parent Would Write Down

1. Your Wishes for Future Living
2. What a “Good Day” Looks Like to Me
3. My Non-Negotiables
4. My Medical & Safety Realities\ .
5. Who to Call if Something Goes Wrong

“
The secret of
getting ahead is
getting started.”

A simple, meaningful starter guide to make life easier for the people you love.

Things Every Adult Child Wishes Their Parent Would Write Down

1. Your Wishes for Future Living

- Where would I like to live if I need more help?
- What kind of environment makes me feel safe, respected, and at peace?
- Are there communities, neighborhoods, or care homes I feel good about?
- Why this matters:
- Adult children just want to “do the right thing,” but when they don’t know your wishes, guilt and second-guessing take over.

2. What a “Good Day” Looks Like to Me

- My routines
- My preferred morning
- My favorite meals
- My spiritual/social habits
- What makes me feel most like myself

Why this matters:

This is the #1 thing families struggle to communicate to caregivers later

3. My Non-Negotiables

These may include:

- I want fresh, home-cooked meals
- I want someone who talks with me, not at me
- I want to go outside every day
- I don't want to be isolated
- I want my family involved in decisions

4. My Medical & Safety Realities

List what your children should know but may not—

- Current diagnoses
- Medications
- Mobility concerns
- Memory/organization changes you've noticed
- Recent hospitalizations

5. Who to Call if Something Goes Wrong

It is important to have this list to contact who matters most when needed.

Why this matters:

It prevents emergencies from becoming crises.

Below are templates to fill out all 5 must haves for your child to be ready in any situation

Get organized

It is important to leave behind where documents are placed. Write out where to find each document

POA papers	
Living Will	
Medication list	
Insurance cards	
List of current doctors	
House keys / codes	

My non-negotiables

Contacts

Name + Phone

Primary Child: _____

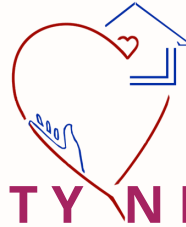
Another Child: _____

Doctor: _____

Trusted friend: _____

Pastor/Church contact: _____

Other: _____



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My Legacy Notes

A space to leave your family a message, memory, or piece of wisdom.

“I want you to remember...”