

8 tips for Senior intervention

1. Effective intervention is focused on the Senior **and** all the people in his/her life.
2. Everyone involved needs education about the aging process and effect on the family.
3. Observation is the key to identifying and removing enabling factors that are contributing or allowing the behavior to continue.
4. Family dynamics must change to more effectively handle communication, trust and increase the willingness of the senior.
5. The family needs to set and maintain healthy boundaries.
6. Negative interaction between members of the family, must stop. Everyone must be working towards a common goal.
7. Create a team mentality so the family functions as one to learn effective tools to get the Senior the professional help they need and help keep them healthy, alert and actively participating in life and family.
8. Formulate and implement a long-term plan in order to remove possible future trauma, and allow the family to enjoy one another. Consider all aspects: emotional, spiritual, financial, and physical health.