Spending it Right for Family Caregivers Toolkit:

Conversations About Money

Starting the Conversation

Talking about money can feel uncomfortable. There is no perfect script. What matters most is approaching the conversation with respect, curiosity, and a willingness to listen.

Tip: Questions often feel less threatening than advice. Listening first can help build trust, reduce defensiveness, and keep the conversation moving forward.

Before You Begin: Think about the person you are supporting.

What might make this conversation easier?	What Do You Hope to Learn?
☐ Choosing a quiet time and place	☐ Understanding wishes and preferences
☐ Having several shorter conversations	☐ Knowing where important information is kept
☐ Talking while doing another activity	☐ Planning for emergencies
☐ Asking questions rather than giving advice	☐ Discussing future support needs
☐ Focusing on future planning rather than current problems	☐ Talking about scams or fraud
☐ Involving another trusted person	☐ Understanding existing legal documents
☐ Other:	☐ Other:

Questions I Might Ask

Write down questions that feel natural and comfortable for your relationship.

Money Matters and Daily Life

Important Information and Documents

Future Planning

Emergencies and Unexpected Situations

Conversation Starters

If you're not sure how to begin, consider adapting one of these examples:

- "How are you feeling about keeping track of everything these days?"
- "Is there any part of managing money that feels stressful or frustrating?"
- "Have you thought about who you'd want to help if there was an emergency?"
- "What would make things easier for you right now?"
- "What is most important to you when it comes to your finances and independence?"
- "How would you like financial information shared with family, if at all?"

Which conversation starter feels most natural for you?

What I Heard

After the conversation, jot down key points.

Important wishes, preferences, or concerns:

Areas where support may be helpful:

Next Steps

What, if anything, was agreed upon?

☐ Continue the conversation another day	☐ Meet with a professional advisor
☐ Gather important documents	☐ Discuss fraud and scam prevention
☐ Create an emergency information list	☐ Plan a family discussion
☐ Learn more about consent	☐ Create a record keeping process
☐ Learn more about legal authority	☐ Other:

Remember: Money conversations are rarely a one-time thing!