

How to get HIM to the Senior Club

So, you found the perfect Senior Club and you know that he will love it, BUT he says no way. What is he thinking?! Why is he so stubborn? Why won't he just go to the Club and give me some time to get my life back in balance?

Here is what NOT to say to convince him to join the Senior Club:

WHAT NOT TO SAY

I am so excited about this place!

They will take great care of you.

You can make lots of friends.

They have games to play.

Do you want to go to the club?

WHAT HE THINKS

Great! She found a place to dump me so she can go live her own life.

I don't need no stinkin' care. Just let me stay home and watch TV.

I don't want friends. They probably won't respect me anyway.

I DON'T play games. I am NOT a child. Don't treat me like one.

No, no, no! (you know the answer so don't ask)

Success comes when we say what **he wants** to hear:

WHAT WE SHOULD SAY

They need you at work.

I love it when you support our family.

Your doctor said 3 times a week.

Where is the menu? What is for lunch?

Aren't they serving ice cream today?

Look, your favorite guitar player is coming.

Would you rather go shoe shopping with me?

Get ready. Your ride comes at 9:00.

You are my hero. I love it when you help at the club.

The guys would love to hear about your big fish.

WHAT HE THINKS

I am appreciated and valued for who I am today.

I can help my family by doing this. It is my duty.

Well, if the doctor said so...

Food?!?

Ok, but just for the ice cream.

I do like Johnny Cash.

Anything but that!

I hate to be late.

I will do anything for you.

Everyone loves that story. Maybe I should bring the photo.

Do you remember attending a party or wedding reception? Wondering who was looking at you, if you were blending in, if you could remember the name of your new acquaintance. Wondering if they are laughing at you or with you. Did your makeup smear? Was that stuck in your teeth all evening? Were you exhausted afterward? Now try it with chronic pain in our back or neck. What if you could hear or see only half as good as anyone else at the party? Would you still want to go? How do you act toward others when you are exhausted or have limited capacity?

Baby steps. This is the answer to the tough questions, including: When should I have him attend without me? How long should he stay? How often should he come? Short, frequent visits to start with are the best way to establish good emotional memories at the new Senior Club.

Once we understand our new senior friend we can work **with him**, not against him. We will rely on you to help us learn his language. What are his favorite topics and which topics should we avoid? What are his strengths and interests? How can he help his new friends?

No one has all the answers, especially when the rules keep changing. Please call us anytime to brainstorm new innovative ways to help your loved one to want to attend our Senior Club. So, keep in touch and keep it fun.