

# Multigenerational Households: When Parents and/or In Laws Move In A Survival Guide for Family Members

## 1. We are not alone!

1980-1.3 million American children living in multigenerational households

1990-2.4 million

2000-3.9 million=3.7% of the total population

## 2. Joys

Opportunity to share and appreciate different life stages

If children are at home, they benefit from daily attention from grandparents

All family members can benefit from the wisdom only learned from living longer

## 3. Erickson's Life stages

Integrity vs. Despair

If older person can critique his or her life and find meaning=integrity

If older person only finds misdirected efforts and last chances=despair

Specific decade differences

60-69 years-Major transition. Society encourages slowing down

Medical changes

Friends and relatives die, get sick, or move near family

Usually a mix of joys and sorrows

70-79years- More loss and illness

Restlessness and irritability

If older person has enjoyed a healthy lifestyle (mentally, spiritually, and physically) they can take advantage of improved medical care

80-89 years-increased difficulty adapting to surroundings and changes

Age 85 and older is the fastest growing segment of the population

90 and up-If have made it this far, they've lived healthy lifestyle so far and can usually find fulfillment and joy in daily issues and fond memories

**4. Sorrows/frustrations**- cognitive decline primarily caused by dementia and strokes

It is important to encourage older people to stay involved, independent, mentally alert, and contributing something of value in their relationships.

Self fulfilling prophecy- if a person expects to decrease, to become helpless and dependent, their self esteem will decrease, their depression will increase which means they will notice a decrease in their competence and be less able to care for themselves. But if they can be shown that they can take control of their lives and they don't have to give in to decreased cognitive ability, they usually improve. (Craig, p.571).

Encourage independence- don't cater to them!

**5. Communication is key.**

Discuss every expectation at the onset and periodically review

### **Resources**

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