

Caring for aging parents is executive training.

12 elder care skills that transform how you lead



Millions are juggling careers and elder care.

We call this "life
getting in the way."

But what if we've
got it backwards?



**What if
elder care
is actually
advanced
leadership
training?**





Crisis management under pressure

What it looks like

Making fast decisions with
limited information

Sample behavior

“Based on what we know,
here’s our path forward.”





Coordinating multiple stakeholders

What it looks like

Aligning doctors, insurance, family, etc.

Sample behavior

“Let me recap what everyone needs from this.”





Having difficult conversations with grace

What it looks like

Sharing hard news with compassion

Sample behavior

“This is challenging news.
Here’s what we can control.”



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Negotiating without authority

What it looks like

Influencing medical teams
who don't report to you

Sample behavior

Focus on shared goals,
not hierarchy





Managing your energy, not just time

What it looks like

Learning you can't sustain 100% intensity everywhere

Sample behavior

Block time for high-focus work, not just meetings





Building support systems quickly

What it looks like

Identifying helpers and asking for specific assistance

Sample behavior

“Can you take the Tuesday call so I can handle X?”





Communicating with radical transparency

What it looks like

Learning to be transparent without oversharing

Sample behavior

“I have a family situation and may be less available today.”





Anticipating needs before they're urgent

What it looks like

Developing early warning
systems for problems

Sample behavior

Weekly check-ins instead
of waiting for crisis calls





Making decisions with incomplete info

What it looks like

Learning you can't research every option when time is of the essence

Sample behavior

"Here's what we'll try first,
and adjust as needed."



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Advocating for yourself and others

What it looks like

Learning to speak up when
something isn't working

Sample behavior

“This approach isn’t getting
us the results we need.”





Managing guilt about not being everywhere

What it looks like

Accepting that presence doesn't equal impact

Sample behavior

Quality over quantity in both caregiving and leadership





Finding strength you didn't know you had

What it looks like

Discovering resilience through necessity

Sample behavior

"If I can handle that health scare, I can handle this client."



These aren't just coping mechanisms.

They're advanced leadership competencies.

Women managing elder care are developing skills that make them exceptional leaders.

But we rarely talk about it as professional development.

It's time we started.



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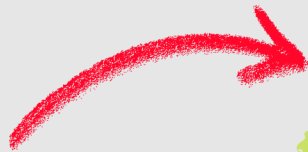
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