

## Pre-Family Conference Planning Sheet

Patient Name:

Date of Conference:

Resident Physician:

Faculty Mentoring Physician:

Rationale for Conference: (may include discussing prognosis, gathering information, providing support to a new family coping with a difficult illness, answering questions, finding resources, treatment decisions, placement issues etc. )

Who is invited: List people invited and comment on who is inviting them.

Family Description: An up-to date picture of the patient and the family/household and their relationships.-(May be in Ecomap or genogram format.)

Family Life-Cycle: Note the patient's and family life cycle stages in 3 generations if you can. This will help you identify developmental issues that may be relevant.  
(For family life cycle stages, see below)

Goals and Hypotheses: Set your goals for the conference and hypothesize about each family members concern based on your knowledge of the situation and family life cycle stages.

Anticipate Resources Needed: Based on your pre-conference observations identify medical, community, and family resources that will be needed:

## Information about Family Life Cycle Stage

<b>Family Life Cycle Stage</b>	<b>Key Principle of Emotional Transition Process</b>	<b>Developmental Changes in Family Required To Move Through Stage</b>
1: Leaving Home	Single young adults accepting emotional and financial responsibility for self.	Differentiation of self in relation to family of origin . Development of intimate peer relationships. Establishment of self re work and independence.
2. Joining of families through marriage	New Couple Commitment to a new system .	Formation of a marital system . Realignment of relationships with extended families and friends to include spouse.
3. Families with young children.	Accepting new members into the system.	Adjusting marital system to make space for children . Joining in childrearing, financial and household tasks . Realignment of relationships with extended family to include parenting and grand-parenting roles.
4. Families with adolescents	Increasing flexibility into family boundaries to include children's independence and grandparent's frailties .	Shifting of parent child relationship to permit adolescent to move in and out of system . Refocus on midlife marital and career issues . Beginning shift toward joint caring for older generation
5. Launching children and moving on	Accepting a multitude of exits from and entries into the family system . Recognition of marital system as a dyad	Development of adult to adult relationships between grown children and their parents . Realignment of relationships to include in-laws and grandchildren . Dealing with disabilities and death of parents (grandparents)
6. Families in later life	Accepting the shift of generational roles	Maintaining own and/or couple functioning and interests in face of physiological decline . Exploration of new familial and social role options . Support for a more central role of middle generation . Making room in the system for the wisdom and experience of the elderly, supporting the older generation without over-functioning for them . Dealing with the loss of spouse, siblings, and other peers and preparation for own death . Life review and integration

Stages of Family Life Cycle (Carter B, McGoldrick M 1989)