

## How do I ask my mom to stop drinking?

~Mary Maxwell, Posted November 11, 2013



Jim in Florida, has this to say:

Mary,

Our mom has always enjoyed a glass of wine or two in the evening. We've never thought twice about it until recently. She has begun to use a cane, and is not as steady on her feet as she once was. Now, you can imagine how that unsteadiness might increase after a couple glasses of wine. How can we convince her to give up her wine?

Excuse me. Give up her wine? Are you crazy? Whoa! Let's give that some thought. The operative word here is "enjoyed." I say put a seat belt on her favorite chair and just have her buckle up while she knocks back the chardonnay. If she is like me and my friends, she'll nod off and by the time she wakes up, she'll be steady as can be....and very relaxed.

**Watch the video,**

<http://www.caregiverstress.com/2013/11/asking-mom-to-stop-drinking-wine/>

Visit [CaregiverStress.com](http://www.caregiverstress.com) to discover more wit and wisdom from [Mary Maxwell](#), as well as expert advice from [Dr. Amy D'Aprix](#) and other videos, articles, and [resources for family caregivers](#).

