

Talking to Parents About a Move to Assisted Living

For many adult children, it can be clear that their aging parents would benefit from a move to an assisted living community but that doesn't mean it's an easy subject to bring up.

Below are some tips and things to keep in mind:

❁ Make it a proactive conversation if you can.

- Start the conversation with your parents or loved one before there's a crisis. Talking about general plans for the future when everyone is feeling relaxed and at ease can help make the idea seem more approachable and less of a demand.

❁ If others, like siblings, will be a part of the decision making process, make sure everyone is on the same page from the beginning.

- Before broaching the subject with your parents, it's a good idea to make sure everyone who will ultimately be a part of the decision is able to offer their thoughts. If there are disagreements and you can't come to a resolution, it may be a good idea to bring in an unbiased third-party to talk through the options.

❁ Do your research.

- Take the time to research available options beforehand so you know the general timeframe of a move as well as things like amenities, events and dining options.

❁ Understand their Financial Situation.

- Once you know what options are available, it's time to understand your parent's financial picture so you can help them make the best decision. Involving a financial advisor may be beneficial to clarify options and ease anxieties.

❁ Know that it will be an ongoing conversation.

- Go in with the expectation that it may take many short conversations to lead to a final decision on your parent's part.

❁ Keep your parents involved in the decision-making process.

- Include parents in visits to assisted living communities where possible and allow them to ask questions and voice concerns. Be mindful of the language you use to ensure they feel the decision is as much theirs as it is yours.

❁ Stay positive.

- Highlight the benefits of moving to an assisted living community and make it personal for them. Does your Mom dislike cooking? Now she doesn't have to. Does your Dad enjoy a morning walk? Many communities offer indoor and outdoor trails.

❁ Be empathetic.

- Understand that this is significant life change and the idea of it may take some time to adjust to. Listen to and address your parent's concerns and questions.

To learn more about Assisted Living at VMRC, visit our website at vmrc.org/assisted-living or give us a call at 540-564-3400.

