



TALKING ABOUT SENIOR LIVING WITH YOUR LOVED ONE

Most seniors see themselves living at home until the end of their days. For some, facing the prospect of moving to senior living may be perceived as the end—where they lose control over their life. You might be right that moving would improve your loved one's quality of life but it's critical for their well-being to respect your parents' dignity and recognize their need to direct their own affairs. When you involve people in change, you're more likely to get their buy-in. Here's how to play a supporting role and make the conversation productive for everyone.

When preparing for the senior living conversation, here are key considerations to help you:

- Do your homework about the options for your parent. Consult their physician or a social worker.
- Involve your siblings in the discussions and the decision-making.
- Start the conversation early, before crisis presents itself.
- Keep the first conversation short as to not overwhelm your parent.
- Be collaborative with your parent in the decision-making. Walk in their shoes to understand their point of view. What will make them happy while keeping them safe?
- Deal respectfully with denial. Be patient, sensitive and empathetic.

Whether your parent is considering independent living, assisted living or memory care, Optima Living Retirement Communities is here to welcome them home. Contact us to book a tour.



OPTIMA LIVING RETIREMENT COMMUNITIES
Let us welcome you home...