

How to Start the Conversation:

When is it time to move to an assisted living community?



Deciding you may need to make a move to an assisted living community may be difficult. However, waiting too long for support can have negative consequences too. Below are suggestions on how you can ease into a conversation about seeking more support:

1. Timing is everything. Make sure that you choose a time and place to have a private, focused conversation without additional stressors around.
2. Consider how life can be easier and how you or your loved one can get back to the things like attending church services, playing cards with friends, etc.
3. Discuss how an assisted living community can take away the added stress of continuous maintenance of a home like shoveling the walk, mowing the lawn, changing the lightbulbs and cleaning the floors.
4. Consider that assisted living allows having a qualified caregiver available 24/7 in times of medical emergencies or care concerns.



5. Ask your friends if any of them have made a move to an assisted living community and see how they are doing.
6. Talk about expenses—do you or your loved one have any savings, long-term care insurance plans etc., to help plan when looking for senior care?
7. Consider any preferences on communities you or your loved one would like to move to. What is important when making a move?

