

How to Start the Conversation

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



Having the conversation with a loved one about making the move to an assisted living community may be difficult. However, waiting too long for support can have negative consequences. Below are suggestions on how you can ease into a conversation when you or your loved one are 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.** Illustrate how life can be easier and how an assisted living community supports getting back to the things people enjoy doing 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.** If you are not in the immediate area of your loved ones, having a qualified caregiver available to them 24/7 in times of medical emergencies or care concerns is important.
- 5.** Ask if any of their friends have made a move to an assisted living community and how they are doing.
- 6.** Talk about expenses — are there any savings, long-term care insurance plans etc., that you should know about that can help them plan when looking for senior care?
- 7.** Any preferences on communities. What is important to you or your loved one when making a move?

