



Your Next Move

Easing Your Senior Transition

Providing options for care, services and housing

Plan for Assisted Living...Before Assistance is Needed

It is a conversation that most families dread, often putting off until it's too late to make an informed decision. But the best time to plan for your aging parent's senior housing options is before he or she actually needs it. Making arrangements before a health crisis occurs means not having to make a hasty decision you might all regret later; and it gives your aging parent an opportunity to fully participate in the evaluation and decision process.

It's not always easy to know when your parent is ready for assisted living, particularly if you don't live with or see her on a daily basis. And most seniors are not realistic about their ability to manage their own daily routines – keeping up the house, errands, or even cooking for themselves. Admitting any difficulties in daily life means admitting they're aging. This means family members must initiate the conversation.

To start the process, talk with your parent in a loving, sympathetic, and understanding manner. A stigma can exist about the typical "old folks home" so it's important to talk to

them about the activities and amenities of a modern senior facility. But do listen to their fears and concerns and take them seriously. If they show resistance, don't push the conversation, merely back off and approach it at a later time. Perhaps they'll come around and ask questions on their own.

When it comes to planning your aging relative's transition to assisted or independent senior living, it is important to stay united as a family. If not everyone is in agreement, this will only create a house divided and cause confusion and undue stress for your parent. So get together as a family before you ever broach the subject with your parent.

[Your Next Move](#) provides you with a trusted advisor to answer all your questions about senior housing and care. The world of senior housing and care is complicated and the decisions to make are critical. Our mission is to be an informed advocate for seniors and their families and reduce the stress of this very delicate process to ensure a seamless transition.

TIPS

Is it time to transition your aging parent to assisted living? Though not all are tell-tell signs, it is important to pay attention to changes in behavior and daily routines.

- **Does your parent have food going bad in the refrigerator? Are they eating?**
- **Is your parent bruised or covering up bruises? Are they falling?**
- **Is your parent wearing the same clothes every time you visit? Are they bathing and washing clothes?**
- **Do you see expired medications around your parents' home? Are they remembering to take prescribed medications?**
- **Are they turning off the stove after cooking? Do they remember to turn off appliances?**



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