

Conversation Guide:

Helping Your Parent Sell Their House

If your parent chooses to sell their house and move into a senior living community, it can be a very complex and emotional decision. Use this guide to help your parent embrace their new beginning and navigate challenging emotions that come with this transition.

Help your parent discuss their feelings

What is your parent looking forward to in their new home?

What are your parent's hesitations about selling their house or moving?

What will they miss about their house?

Tip: Communicate your parent's feelings with the senior living community staff so they can create a positive and welcoming move-in experience.

Help your parent downsize

Your parent's household possessions likely took time to acquire and will take time to sort. Plan on spending several weekends to get through their things.

What are the items your parent must have in their new apartment?

What items need to be stored? Where will they be stored?

What items would your parent like to give to family members or friends?

What items could be donated?

What items could be sold?

What items are difficult for your parent to let go of?

Tip: Getting rid of possessions can be hard. It's important to offer sympathy, but also discuss how much your parent will enjoy their fresh start.