

*Atria*®

You can't keep  
working around  
it forever.



**NAVIGATING CHALLENGING  
CONVERSATIONS ABOUT MOVING TO  
A SENIOR LIVING COMMUNITY**

# Caregiving comes with complex emotions and experiences.

It may give you a sense of purpose. You may feel isolated, stressed and overwhelmed. Perhaps you've tried to divide caregiving tasks among others or hired an in-home caregiver to provide a helping hand. You're worried about letting your parent or older family member down, and also fearful about their health and happiness as their needs continue to grow.

## Ask yourself these questions about the person you care for:

Are they safe home alone? Do they regularly engage in physical exercise? Eat a variety of fresh, nutritious meals? Set goals and enjoy a sense of purpose?

If you answered "no" to any of these questions, it may be time to look into the services and support senior living communities provide.

It's important to talk openly and honestly about a better option for both of you. Here, you will find advice on discussing the most common issues that come up during this difficult conversation, based on our experience helping thousands of families like yours.

## We're here to support you.

Discussing a transition to a senior living community can be difficult, but you're not alone. Connect with one of our knowledgeable staff members for a one-on-one consultation as well as resources and additional information for your unique situation.

## Helpful Talking Points While Discussing a Transition to Senior Living

PARENT	YOU
I'm managing just fine here with your help.	You're right. We have been managing. But there is a big difference between managing and really living. I want you to thrive. We've come to the point where the house has become too much for you to handle and too much for me to maintain. At Atria, there's a whole staff to help with what you need – whenever you need it.
I'm not alone. I have you.	Of course you do, and you always will, but I worry about you missing out on the joy of connecting with others. At Atria, you can spend time with friendly neighbors when you like, instead of depending on my schedule. Plus, I miss spending quality time with you. With staff to handle cooking, cleaning and other things, we can enjoy our time together.
Couldn't we just have someone else come in to help me?	We could, and I know that sounds like a good answer, but you'll still be by yourself most of the time. I hate seeing you cooped up at home when you could be out living life and seeing people. Not only that, but the cost of having someone come in to help you, plus all the expenses you have, would be about the same or even more than the cost of living at Atria.
I feel good most days, and I usually remember to take my medications.	I know you do and I'm grateful for that. But even one missed pill now and then – or one too many – can be dangerous. I want you to keep having good days for a long time. At Atria, someone will discreetly remind you exactly which medications you need to take at what times, whether you need to take them with a meal and all those other important details.
Everyone is so old at those places. I don't need that much help.	You're right, you don't. But you're probably thinking of a nursing home – and that's not what Atria is. The people who live there just need a little help like you, and the staff is discreet about it. You'll have your own apartment, chef-prepared meals and interesting things to do every day. You'll be more independent than you are now because you'll get the help you need when you need it.
What if I don't like it?	Then, of course, you don't have to stay. It's a month-to-month agreement and you can try it out for a while with no strings attached. But I bet you'll meet neighbors who were just trying it out, too, and ended up wishing they'd moved in a lot sooner.