

8 Ways to Reframe the Discussion About Assisted Living

If your parent shares one of the following prompts with you, use these responses for a smoother and more productive conversation.

1 “I don’t want to lose my independence.”

Response: “Moving will actually preserve your independence. A friendly staff will handle cooking, cleaning and other daily tasks, so you’ll have more time to do things you want to do.”

2 “Why are you doing this to me?”

Response: “Moving is not a punishment! I love you, and I want to see you happy and healthy for a long time. You deserve to be somewhere that can improve your life and make it easier.”

3 “I’m not happy about moving.”

Response: “It’s my job to make sure you’re safe and well cared for. Once you’re in a community setting and out of an unsafe situation, it can be your job to make sure you’re happy.”

4 “Why are you constantly nagging me about this?”

Response: “I’m not trying to bother you – I’m trying to help. Maybe speaking with another person whose opinion you value would be helpful. Perhaps a neighbor, doctor or family member?”

5 “Why are you pushing me out of my home?”

Response: “I’m not trying to push you away. I’m trying to pull you toward the positives of community living – the social events, friendly neighbors and accommodating staff.”

6 “I’m not alone. I have you.”

Response: “I know you do, and you always will. But when you need something, wouldn’t you rather have a team that’s available 24/7 rather than waiting or relying on me?”

7 “I don’t want to lose all of my things.”

Response: “You won’t lose anything that’s valuable to you. We’ll make sure important things move with you or stay with the family – everything else is just ‘stuff.’”

8 “I’m afraid of what’s next if I move away from home.”

Response: “I understand that it feels like you’re one chapter closer to the end of your story, but this move could help you write the best chapter you’ve had in a long time.”