

A photograph of two women sitting at a table. On the left is an older woman with short white hair, wearing a blue top and a patterned scarf. On the right is a younger woman with brown hair, wearing a purple top and a denim jacket. They are both looking at each other and smiling slightly. The younger woman has her hand on the older woman's shoulder. In the foreground, there is a blue mug with a yellow lid.

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

I'm managing just fine here with your help.

I'm not alone. I have you.

Couldn't we just have someone else come in to help me?

I feel good most days, and I usually remember to take my medications.

Everyone is so old at those places. I don't need that much help.

What if I don't like it?

Helpful Talking Points While Discussing a Transition to Senior Living

YOU

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.

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 get together with people you have more in common with whenever you like, instead of depending on my schedule. Plus, I really miss spending time with you just being your child. With staff to handle cooking, cleaning and other things, we can enjoy spending our time together.

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 like you used to. Not only that, but the cost of having someone come in to help you, plus all the living expenses you have now, would be about the same or even more than the cost of living at Atria.

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.

You're right, you don't. But you're probably thinking of a nursing home – and that's not what Atria is at all. The people who live there just need a little help like you do, and the staff is always discreet about it. You'll have your own apartment, chef-prepared meals and interesting things to look forward to every day. You'll be more independent than you are now because you'll get the help you need when you need it – without waiting on anyone.

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.

Atria SENIOR LIVING

AtriaSeniorLiving.com