

How to Talk to Your Parents About Senior Living

- Overview
- Reasons it might be time
- Conversation starters
- Red Flags
- How to handle resistance



Reasons it might be time to move

- Safety
- Medication management
- Nutrition concerns
- Transportation difficulties
- Loneliness
- Maintenance-free lifestyle
- Caregiver burnout



Caregiver Burnout: Are you their assisted living?

- Home maintenance
- Picking up groceries/Meal prep
- Med reminders/pill boxes
- Driving to doctor appointments



Conversation Starters: Quality of life

- Are you able to get out and do what you'd like?
- If not? What make it difficult?
- Are you keeping up with your friends/clubs/church?
- Are you getting enough exercise? If not what makes hard?
- What are you doing to keep busy?



Quality of Life: Red Flags

- Pills
 - Not taken
 - Taken at the wrong time
 - Can't remember if they were taken
- Hygiene issues
 - Body odors
 - Not changing clothes daily
- They're rarely leaving the house
- "Busy" is watching TV



Conversation Starters: Household Challenges

- Can you run errands on your own?
- Are you able to keep up with maintenance/housekeeping?
- Is the yard and snow removal becoming challenging?
- Are you having challenges hiring help for lawn/snow/cleaning?
- Do you enjoy cooking/grocery shopping, or is difficult to stand to prep/cook/clean?



Household Challenges: Red Flags

- Difficulty managing the stairs
 - Upstairs bedroom
 - Downstairs laundry
- Basic household tasks left undone
 - Especially concerning if they were always tidy
- What's in the fridges?
 - Only snacks, not ingredients
 - Spoiled food



Conversation Starters: Transportation

- Do you feel comfortable driving at night?
- How challenging is it to get in and out of the car?
- Is it hard to get your cane/walker in and out of the car?
- Do you feel comfortable walking in parking lots that haven't been cleared of snow yet?
- Do you feel like you can clean snow off your car?



Transportation: Red Flags

- Dents or scratches on the car
- Significant vision changes they didn't notice until it was diagnosed
- Worsening dementia



Ways to get around resistance

- Let's get your POA/will/trust set up so I know what your wishes are
- Use “if” not “when”
- Use LivWell Seniors as an independent third party



Create a plan before there's a crisis

- If there's a crisis, it'll be your job to find a place to go
- Knowing your options/budget opens opportunities
- Do they have Long Term Care Insurance?
- Are they a Veteran, or a spouse of one?





LivWellSM
CONNECTS • SENIORS • WORKS

Step 1

- LivWell Seniors speaks with a potential client via the phone to understand their situation. Then we connect seniors with one of our senior resource professionals right away.

Step 2

- We meet with the senior in person to ask questions, listen to their concerns, and compile a list of senior communities or resources, like home care agencies, appropriate for their needs.

Step 3

- Together, we tour senior communities, help seniors compare features, and review the options so they can make an informed decision.