

Advice for adult children



When it's time for assisted living

What You'll Need to Do

- Do your research
- Understand the benefits
- Identify emotions
- Develop an approach
- Evaluate options
- Make decisions



Research

Start your search early

The most important thing to know, the sooner you begin the process the better. It's difficult to make decisions during a crisis.

- Make a list of assisted living facilities you might want to visit.
- Make a checklist of what you are looking for in each community you visit such as activities, wellness care, nutrition, fitness, amenities, services and security.
- Visit the community to see the space, and observe resident interactions.



Benefits

Support for loved ones

While each community is different, assisted living offers services and amenities to focus on important aspects of senior wellness and social connection.

- **Social activities** and outings relieve loneliness and boredom. Staff offers care, empathy and emotional support.
- **Healthy homemade meals** are enjoyable and provide nutritional and hydration needs.
- **Assistance with chores** like housekeeping, gardening, transportation, maintenance and bill paying
- **Assistance with personal care** like showering, grooming, dressing, mobility and continence
- **Medication Assistance, Case Management, and assistance with ADLs** (activities of daily living)



Emotions

Identify feelings

It is important to understand parents, siblings, spouses and children's emotions with the decision process during this stage of aging.

- **Family members** might feel anger, resentment or guilt they can't take care of their loved one as they had hoped or planned, however, prioritizing their health, safety and care *is* taking good care of them.
- **An aging parent** might feel loss of purpose, be uncomfortable changing family roles, or have issues with their mortality.



Approach

Communicate & make a plan

Who will be included in making decisions?

Is there a need for extra support or professional help?

- **Who's in charge?** Discuss with family members who will make decisions or how to divide responsibilities considering personality and strengths.
- **Review finances** - is there a long-term care insurance plan, retirement income, or savings? Understanding care needs will determine cost.
- **Discuss concerns with your loved one** to avoid misunderstandings, respect their independence and provide dignity.
- **Advocate** for your loved one toward a team approach with everyone involved - family and caregivers.
- **Seek help** through friends or family, clergy, licensed counselors or senior living specialists if your family needs guidance and support



Evaluate

Consider the best option

Choosing the right facility to meet needs can be a challenge.

Here are some considerations:

- Location may be most important in terms of proximity to loved ones or a desire to remain in the same area, and a parent may be more open to the move.
- Size in terms of the number of residents impacts the atmosphere, it's a matter of preference.
- Consider staff-to-resident ratio to ensure a loved one is sufficiently cared for.
- Services beyond amenities and care, are their programs to specialize as the care of a loved one changes - like heart health, or Alzheimer's.



Decisions

Determining what is best

Making decisions can be a challenge when doubts exist about making the right decisions.

- Allow ample time to do research before a crisis situation occurs. Mistakes in care and decision-making occur when caregivers are time-pressured.
- Use your checklist to help narrow your decision.
- Lend extra weight to the community that "feels right". It probably is.
- Read contracts carefully.
- Make the decision.
- Set the move in date.
- Make a plan to visit and call on a regular basis and enjoy your relationship!



Contact

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