



ANTHOLOGY

SENIOR LIVING

Making a Positive Change: How to Have a Conversation about Moving to a Senior Living Community

A Challenging Conversation

Introducing a significant change—even if its outcome is positive—can be challenging. Although many seniors might prefer the comfort and familiarity of their home, that's not always the best option. To help guide your loved one during this difficult time, we recommend discussing the benefits of senior living with them sooner rather than later. After all, it's better to have the luxury of moving on your terms than to have to make a sudden move for health reasons.

Nevertheless, we understand that this can be a difficult conversation to have with your loved one. Below are some considerations to keep in mind as you begin to discuss moving to a senior living community.

- ☐ Aging parents view their homes as a safe, comfortable place filled with countless memories and personal effects. Because of their attachment, they often find ways to hold onto their homes, despite growing health risks and costs.

- ☐ Many individuals haven't been inside a modern assisted living community. Instead, they harbor outdated images of rest homes with restricted liberties and few amenities. This image and mind-set are inaccurate in modern communities like Anthology Senior Living, where premium experiences, services and amenities elevate the senior lifestyle.



Don't Miss Out on the Benefits

Resistance to change can prevent seniors from achieving their best life.

Although professional in-home care and personal alarms may enable some to remain safely at home, seniors who reside alone or with frail spouses may have no one to assist them in case of a fall or other accident. Other challenges facing seniors who remain at home may include limited socialization, difficulty with meals or other activities of daily living, along with the dangers of memory loss. However, the benefits of living in an Anthology Senior Living community are many. The following benefits may help older adults better understand the joys that this stage of life can bring.

ACCOMMODATIONS

Our communities feature spacious, private suites with a variety of floor plans to meet your preferences and best-in-class options to suit your needs. Our top-of-the-line amenities include a variety of dining venues, recreation spaces, concierge services, spa and fitness facilities and other on-site conveniences, and our professional team manages home maintenance and household tasks, so you can spend your days living life to its fullest.

At Anthology Senior Living, we take care of the landscaping, home maintenance and housekeeping, so you can spend your time living worry-free. The costs to keep up with repair and maintenance are included in your monthly bill, so there are no unexpected out-of-pocket costs, and therefore no unnecessary stress.

Each resident of Anthology Senior Living receives a personalized alarm system to use in the event of a fall or other emergency. In addition, they are protected by security systems and community protocols that work to keep them safe.



PERSONALIZED CARE

Our highly certified, passionate caregivers deliver proactive, personalized care with a focus on getting to know you and your family. From virtual care plans to specialized, state-of-the-art programs, our high-tech, high-touch approach to care ensures that residents receive seamless care from every team member. We're always here for you, no matter what your needs are or how they might change.

CONNECTIONS

We strive to create an environment that nurtures connection between residents, their families, our team members and the extended community. From unique learning opportunities and tech-enabled experiences to family-oriented events and more, we provide a dynamic social calendar that engages the “whole person”—mind, body and spirit—and empowers residents to connect with loved ones, build new friendships and explore new passions.

Anthology Senior Living communities provide an abundance of opportunities for entertainment. Residents often enjoy day trips, on-site clubs, games, activities and other events that enable them to meet others with similar interests and make new friends. There's always someone to sit with at breakfast, lunch and dinner. At Anthology, we enhance an individual's six dimensions of wellness, including physical, emotional, intellectual, social, spiritual and environmental wellness.

As we age, driving can become challenging. Transportation supports our independence and connection within the greater community. Here, residents can take advantage of free transportation and get where they need to go stress-free. Our communities do offer parking, so you may keep your car on site as an option.



CULINARY EXPERIENCES

Never worry about grocery shopping or preparing meals again. We feature a variety of dining venues such as intimate gastropubs, casual bistros and formal restaurants where you can savor gourmet, restaurant-quality cuisine inspired by the latest trends. Every meal is prepared from scratch by our professional in-house chefs and tailored to your dietary needs. And with snack and food options available 24 hours a day, we make sure you're always satisfied.

This can often improve an individual's health if they were living alone before and not getting the nutrition they needed. Older adults need vitamins and nutrients as they age to maintain health and combat chronic conditions. It is also important to note that special dietary accommodations can almost always be made.

Senior living communities offer many amenities to make life easier and more enjoyable in the retirement years. These communities are meant to foster relationships and promote the health and well-being of those who need it most as they age.

Notes to ask an Anthology Senior Living team member about senior living services and amenities:



How Do We Start the Conversation with a Loved One?

Once you know that transitioning your loved one to a senior living community is the right move, how do you engage in an often sensitive and emotionally fraught conversation with them about this option? How can we help family members understand that moving to a senior living community could be a mentally and physically beneficial option for all?

It may take lots of talking and hand-holding for your loved one and other family members to warm up to the idea of assisted living before agreeing to move. Others take to the notion quickly, even initiating the discussion themselves, and prefer to remain in the driver's seat throughout the process.

Most importantly, be sensitive to your loved one's feelings. Leaving a home full of memories is a very difficult and emotional decision. Be kind, be sensitive, and keep the conversation directed toward ensuring your loved one's well-being rather than your own feelings or comfort.



Conversation Guidelines

The following guidelines are offered to help make the conversation be as smooth and productive as possible for all involved.

Plant the seed: Don't approach your loved ones as though you've already made the decision for them. Simply mention that there are options out there that could make life easier and more fun for them.

Start now: Don't wait for a crisis to happen to have the conversation. Start talking about a move to assisted living before your loved one has an accident at home. Instead of reacting to a situation, be proactive and start the conversation before your loved one needs to move.

- While your parents are healthy and active, ask them what kind of lifestyle they'd like to enjoy as they age and what their goals are for living and aging well. As a family, you may want to set some agreed-upon benchmarks for when the time is right to make a move that is in alignment with your parents' goals and wishes.

Proceed slowly and gently: It's a conversation that no one looks forward to having with their parents. The unnatural role reversal from "dad knows best" to "daughter knows best" can be awkward and uncomfortable. Most seniors still relish their independence and don't want to be a burden to their adult children and families. Keep that in mind as you work together to find the safest and most fulfilling living situation for your parents.

Have the financial conversation: Before deciding on a community, you'll want to understand your loved one's financial situation to better assess what they can and cannot afford. Find out if they have long-term care insurance, if they qualify for veterans' benefits and which assets they can leverage to cover costs.

- Help your parents understand the costs associated with each option. A cost comparison chart can help them process the expenses associated with different scenarios. Remind them that staying in their home, even if it is paid for, includes many expenses, such as taxes, utilities and maintenance. You can use our **Financial Comparison and Affordability Workbook** to help organize, understand and compare different options.



Do your homework: To find the best fit for your loved one, start by assessing their wishes, needs and situation. Can they live independently in a senior apartment? Would they benefit from some help with daily living and access to social opportunities offered in assisted living?

What my loved one's, other family members' and my wishes and needs?

Next, you can research senior living communities online, talk to friends and neighbors and make personal visits. Eliminate the communities that you know won't appeal to your parents. Narrow the choices so they won't feel overwhelmed when it comes time for them to visit.

What are some of the options I may introduce?

Make the conversation goal oriented: By involving your parents early on in the process, they will be more receptive to the idea. Have them identify their goals for aging well and then help provide ways for them to achieve their goals. For example, if your loved one wants to remain independent, explain that he or she may retain more independence by living in a community that offers transportation than by living at home without a car.

Get your parents talking by asking questions such as:

- ☐ What do you want your days to look like?
- ☐ What type of people do you like to be around?
- ☐ What types of things do you want to do?



Listen carefully to their answers to understand their goals. For example, if your loved one says that they'd like to see more people, then ask how they'll do that while living at home alone. Your parents can decide that a senior living community is a good choice for them based on their personal goals and desires.

With a goal-oriented approach, you become an advocate for your parents, helping them achieve their desires, and a partner in the process, instead of dictating your parents' future.

What are my loved one's, other family members' and my goals in this transition?

Overcoming obstacles: The goal-oriented approach can also work for loved ones who may resist discussing the topic. Keep asking questions and be open to options. Many seniors may find it difficult to explain why they are opposed to moving. They may fear change, loss of family traditions or their own independence. They may worry about expenses or the quality of their new arrangements. Address each of their concerns and remind them of the goals they shared.

- Look at past, present and possible future situations and any negative implications of staying at home alone. These can be eye-opening moments for your loved one—a potentially serious fall or accident, unmanageable daily tasks or home maintenance issues. Take the time to walk through these scenarios with your loved one and consider the risks before they become reality.

What are the biggest obstacles to making a change?



Testimonials: Ask around to see if anyone you know has a loved one who is already thriving in a senior living community. Your loved one might feel more comfortable considering a move if they find a familiar face already residing in a community they are considering.

Take the show on the road: Once you and your loved one decide that a senior living community makes sense, it's time to schedule appointments, visit and tour communities together.

- To get a good feeling for the community, stay for lunch and taste the food. Ask how the community will help meet your loved one's specific goals. Talk to residents about why they like living there. See if your loved one would like to participate in an activity, event or trip that is on the activity calendar. When it's a good fit, you'll know it.
- Use our resource *A Guide to Choosing the Right Senior Living Community for You*, to help determine the best community and experience for you and your loved one.

Engage family: Sometimes, it can be beneficial to bring your family into the conversation to allow them to express how relieved they'd feel to know that your loved one would be safe in a community with access to professional care and programs that engage them socially, physically, intellectually and spiritually. Allow everyone involved to discuss their concerns and anxieties about the current situation and a potential move. Try enlisting a family friend, doctor or spiritual leader to chat with your loved one and state the case for this move.

Third parties often make headway where family fails.

Who needs to be and who should be involved with the conversation?

WHY WE'RE HERE

In all we do, we exist to make a remarkable impact on the lives we touch. At Anthology Senior Living, we've made it our mission to provide a unique senior living experience that provides our residents with the best in hospitality and care, so they can live their story in a beautiful, meaningful way. We are committed to making a difference in the lives of others.

