

Dealing with the Guilt

It's not uncommon for children, family members, friends, and caregivers to feel sad, stressed, or guilty when someone they love moves into a senior living community. It can almost feel like watching your child drive away to college or across the country to start a new life.

These mixed emotions are normal, and it's not unusual to find yourself feeling guilty for suggesting (or agreeing with) the decision to move into a community. If you need a little guidance on how to handle this rollercoaster of emotions, here are a few tips:

Find the right senior living community.

If you know your mom or dad is moving to a community where they will feel safe and engaged, you'll feel more at peace with the decision.

Spend some time in therapy.

It's perfectly normal to wrestle with feelings like guilt and stress in a time of upheaval, and sometimes having a third party to talk to can help you through the transition.

Help your parent settle in.

Sometimes stress arises when we don't know enough information, which is why helping your mom or dad settle into their new home can give you confidence that they're safe, sound, and in the right place. Consider bringing them a family memento or keepsake to make their new place feel just like home sweet home.

Make plans to visit regularly.

Just because your parent is moving into a senior living community doesn't mean you need to spend less time together. Make plans to visit often, and remember that your loved one will probably be just as relieved as you are when they settle into their new home base. At MBK, we welcome family visits!