

Tips for Talking to your Children About Senior Living

Perhaps you're ready to start a new chapter with a move to senior living, but how do you tell your children? Sometimes adult kids are on board with their parent's decision. But for some, the idea of mom or dad moving into a senior living community comes as a shock. If you know you want to transition to senior living, but you aren't sure how to tell your children, here are a few tips:

Be sensitive to your children.

Because your children probably can't read your mind, they may not know that senior living is something you've been considering for a while now. And it's impossible to know if they're going to react positively. Some kids are quick to support mom or dad's wishes, while others may try to convince their parents that it's too soon to consider senior living. No matter how they react, give them space to process, especially if it's the first time you've talked about it.

Be ready to share your concerns.

You probably have a list of reasons why you think moving to a senior living community is the right decision. Maybe you have increased healthcare needs, or you're tired of the household chores and maintaining a house. Or you might just want peace of mind knowing a trained team is available 24 hours a day, seven days a week. Make sure you share your concerns over the course of the conversation, so your children see where you're coming from.

Research the benefits.

While the decision to move into a senior living community is definitely yours to make, the transition will be easier if your children are on board. If they seem hesitant to agree that this is a good call, it might be a good idea to talk about the benefits, like fewer household chores, interesting activities, and excursions, or more social connections. Once your kids better understand what a senior living community offers, they're more likely to support your decision.

Have a support system in place.

Even if you do everything you can to handle the conversation as smoothly as possible, it's important to keep in mind that it may take some time for your children to come to terms with your decision. That's why it's a good idea to have a support system of friends and other family members who understand your choice and can encourage you to move forward.