

Tips for Talking to your Parents About Senior Living

Perhaps you feel like your mother would be safer in a community setting, or you think your father would have more nutritious meals if he didn't have to worry about cooking for himself. At MBK, this is absolutely true, as our cuisine is made by experienced executive chefs.

Or, you might just think they would have a better quality of life surrounded by new friends and a fun-filled monthly calendar of events. At MBK, we have plenty of fun activities available for our residents. We also believe strongly in the mind+body connection, which means that we're committed to providing at least one physical, one spiritual, and one intellectual activity per day for each resident.

Now, even if you are confident that the transition to a senior living community is the right thing to do, how do you explain it in a way that helps them see why it's a good option? Here are some tips on what you can do before sitting down for a conversation with your parents.

Make sure all siblings are on the same page.

If multiple siblings are involved, it's a good idea to at least try to get everyone on the same page before having the official conversation with your parent. Because the subject is a sensitive one, you want the discussion to go smoothly, and during the conversation is not the best time to hash out details.

Remember, this is a difficult subject.

Growing older is a sensitive subject for most people, so you need to prepare to be extra sensitive to your parent's feelings. Moving to a community also means saying goodbye to their home—and leaving those memories behind can be hard. Remember that being kind, sensitive, and understanding goes a long way in a hard conversation.

Prepare a list of your concerns.

Whether your parent asks you first or you want to volunteer the information at the beginning, be ready to share why you think it's time for your mom or dad to consider senior living. Be careful not to frame this in a way that seems like you're talking down to them. You want to be respectful and sensitive while still communicating that you're concerned for their safety and wellbeing.

Do your homework.

Do your homework and be ready to share the advantages of living in a community. If you choose our community, then you can refer to our website, which lists all of the benefits of living in our community. For a start, they won't have as many household chores and responsibilities. They'll have access to our supportive and helpful team members. They won't have to cook their own meals. And perhaps most importantly, they will have opportunities to make new friends and enjoy all of our life-enriching activities.

Put your thoughts down on paper.

Emotions can take over when the subject of senior living comes up, and articulating the right words can be challenging. So consider writing a letter to your family member. You don't have to give it to the person, but setting aside time to consider what words to use can help ensure you don't say the wrong ones.