

For Caregivers: How To Manage Guilt

When you're helping a parent move into a senior living community, you may find yourself wondering if you're doing the right thing by encouraging them to leave their home. Will your parents be happy? Is this the only decision that makes sense? Is the timing right?

If you're dealing with questions like these, here are some things to think through that may help you find peace in the decision:

1. **Know you aren't alone.**

Wrestling with some feelings of guilt and doubt is a normal part of the process, but you don't have to go through it alone. Reach out to trusted friends and family members and ask if they can be available to listen and give advice when you're having a difficult time.

2. **Trust that you're doing the best you can with the knowledge you have.**

If you're like most adult children, you are only going to deal with this process once or twice in your life. There is no dress rehearsal, and it isn't always going to be perfect. Find comfort in knowing that you can only do the best you can with the information you have—and that's okay.

3. **Stay positive.**

Whether you realize it or not, your attitude plays an important role in your loved one's life. Staying positive and hopeful about the transition to senior living is a great way to encourage them to stay positive and hopeful too.

4. **Be an advocate for your parent.**

Moving day doesn't mean you need to stop being involved. Don't be afraid to be an advocate for your parents, even in their new home. You know them best and should feel comfortable talking to our team members about any specific concerns or requests you feel would help them better transition or adjust to community life.

5. **Embrace your support system.**

It's okay to feel sad and acknowledge a sense of loss in this process, but don't let those emotions consume you. It's also wise to turn to your support system in these moments rather than burdening your parents.