



# An Important Conversation

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## Starting “The Conversation”

It’s your parents and supportive mentors who you relied on and turned to for advice, support, and wisdom when it mattered most. So, what happens when the roles are reversed? What do you do when it’s your turn to give them advice, support and start discussing options for their care as they get older? “It’s probably one of the most difficult conversations you will ever have”, according to Kalli Oberosler, the Executive Director at Absaroka Senior Living in Cody.

“Yes, it can be overwhelming to consider, but absolutely something that’s best not to put off,” says Pia Brauser, Absaroka’s Community Relations Director. “Now more than ever there are many options for our senior adults. If you can start the dialogue sooner than later that will help. Your parents will be more open to the variety of options available when it’s decision time.”

So, how do you start “The Conversation”? Well, it’s a good idea to let your parents know that you want to love and support them in their desire to maintain independence and that includes their safety and quality of life. It may require several attempts before your parents are open to the discussion, so don’t give up! “It’s a great time to ask about their needs, wants, and concerns for the future”. This can be of significant influence and offer valuable insight as you prioritize the options that exist for your loved one. “It will help you do your research ahead of time,” says Kalli.

“Assessing a senior’s unmet needs is also a first step in evaluating what

options may best improve their quality of life,” said Brauser. “It’s also important to consider physical, mental and social capabilities as well as overall health and wellness, factors that can be pivotal when considering a senior’s plan for care.”

Many 55 and over seniors are familiar with skilled nursing homes, which is a solution for those who require a high level of medical care. This used to be the only option available for their parent’s care. Today, however, there are many more options for different stages of health and wellness. For seniors that are still independent but not willing or able to manage and maintain a home and yard, handle snow removal and repairs, senior living communities are a great solution. As care needs increase these communities can provide more assistance with medication management, dressing or bathing assistance, and other needs that develop over time. The not-so-obvious human need for socialization, spiritual and intellectual stimulation is also fulfilled by living in a community setting. One is never lonely or isolated in a senior living community.

So, there’s no getting around it; “The Conversation” may be an extremely challenging one, but it’s important to your parents or that special senior adult in your life. Their long-term wellbeing and happiness are important! Their help in selecting the best lifestyle and care option for their given situation will make it easier when decision time arrives.

**Absaroka Senior Living is located across from Mentock Park at 2401 Cougar Avenue. Absaroka specializes in senior care for adults 55 and over. “Guided by Goodness, Loyalty, Faith, and Fun”**



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