

# How to Start the Conversation...

---

This can be an emotional conversation, as change is difficult for everyone. However, waiting too long for support can have negative consequences on both the caregiver and loved one. Below are suggestions on how you can ease into a conversation with your loved one about seeking more support from an assisted living community.



1. Timing is everything. Make sure that you choose a time and place to have a private, focused conversation without additional stressors around.
2. Illustrate how their life can be easier, how they can get back to the things they enjoy doing—attending church services, playing cards with friends, etc.
3. Discuss how an assisted living community can take away the added stress of continuous maintenance of a home—shoveling the walk, mowing the lawn, changing the lightbulbs, cleaning the floors.
4. If you are not in the immediate area of your loved one, having a qualified caregiver available to them 24/7 in times of medical emergencies or care concerns is important.
5. Ask if any of their friends have made a move to an assisted living community. How are they doing?
6. Talk about expenses—do they have any savings, long-term care insurance plans etc., that you should know about so you can help them plan when looking for assisted living?
7. Ask if they have any preferences on communities they would like to move to? What is important to your loved one when making a move?