

5 Ways to Support a Parents Move to Assisted Living

If your loved one currently lives independently, it can be shocking to them when someone brings up a move to assisted living. Even if they know it's a necessity, they may be reluctant to make the move because they are in denial about their abilities. As seniors age, their abilities continue to decrease, making it less safe for them to be at home alone. When parents accept or decide for themselves that it's time to move to assisted living, it's important to support them in their transition. This can be done in a number of ways. According to [AARP](#)[®] and [AgingCare](#)[®], these can include:

- 1. Helping your parents determine what they want and need.** Is your parent a big fan of sports and likes to watch the game with friends? Perhaps they'd like a community with a sports bar or pub. Do they like to keep an exercise routine? Then a gym is a must. If they like to go on outings but can't drive, the community should offer transportation for the residents. It's important to identify your loved one's interests and desires in order to choose an assisted living community they will love. Make sure the community offers the level of care and support your loved one needs as well!
- 2. Visiting assisted living communities and helping them choose.** Tour a range of communities with your loved one. Consider both those that are close by and those that may be a little further. Do not choose a community just because it's closer to home if it won't fit your parent's wants and needs. Tour multiple communities and narrow down your loved one's options into their top picks. Visit them again to get a feel for which they may like and fit at the most.
- 3. Assisting them with breaking down finances.** Help your loved one find the best community for their budget. Meet with financial advisors, talk to specialists at the assisted living communities your parent could potentially move into and try to figure out if the community has funding options. Be sure to ask what is included in their levels of care so you and your parent aren't blindsided when the cost is higher than you thought it'd be.
- 4. Being there for them throughout the transition.** The move to an assisted living community can be tough for anyone, but it's especially important for you to be patient with your parent. Giving up the freedom of independent living isn't easy, even when they know a full, fun and engaging lifestyle awaits them. Be there for them to talk to and be sure to be understanding. They need your support.
- 5. Keeping in touch, but giving them space to adjust.** Once your parent moves, it may take them a little time to make friends and to get used to the community. Refrain from spending too much time with them so they have an opportunity to adjust. Be sure to talk to your parent and check in to help them get more comfortable and help them feel more secure. Don't be afraid to talk to the staff either, as they can give you good insight as to how your loved one is adjusting.

We Would Love to Hear from You!

If you have comments or questions about our blog, we'd love to hear from you. We also welcome you to read our [recent blog articles](#) on current caregiver and memory care topics.

Live Well. Age Well. Be Well.



Live Well. Age Well. Be Well.

Now open and offering [Independent](#), [Assisted Living](#) and [A Knew Day® Memory Support](#), Aspired Living® of Prospect Heights is a distinctive senior living community designed to offer seniors residing in the Chicago Northwest Suburbs area a fresh alternative to “typical” senior living communities.

Aspired Living® of Prospect Heights provides residents with the ideal balance of personalized support, dignified privacy and enhanced independence complemented by luxurious amenities and our life-enriching, award-winning [VIVA!SM programming](#).

Managed by Pathway to Living®, an innovator in senior living, Aspired Living® offers the choice of private apartment floor plans and the beauty of a brand new community, stunningly appointed and decorated for unsurpassed comfort and style by the award-winning senior living design firm, Thoma-Holec Design, Inc.

For more information, please call Diane or Janette, Lifestyle Specialists, at 847-243-6920.

***Disclaimer:** The articles and tip sheets on this website are offered by Aspired Living® of Prospect Heights for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*

Live Well. Age Well. Be Well.

847.818.1808 | AspiredLivingProspectHeights.com
708 N. Elmhurst Road | Prospect Heights, IL 60070

A Pathway to Living® Community