

Talking to Your Parents about Independent Living



Ohio Living
Llanfair



Your parents have always been there for you. They've helped you through the ups and downs life has thrown your way. Now it's time for you to help them make an important decision.

For some families, it's all about knowing how to start the conversation. For others, it's about saying the right things to avoid confrontations or misunderstandings with the parents you love. This book will offer you some suggestions on how to talk to your parents about the possibility of moving to a life plan community.





Begin the Conversation Early

When you start talking about making the move early, you gain an invaluable gift: time.

Your parents have **time to make decisions** at a pace that is appropriate for them. They aren't forced into hasty decisions based on their need, but can carefully and thoughtfully determine what is best for their futures.

They have **time to visit multiple communities** so they can make an informed decision on where they would like to live.

They have **time to wait until a home is available in the community they choose**, rather than being forced into moving somewhere less desirable because they can't wait.

While the conversation might not be the easiest to broach, waiting until there is no choice due to progressing illnesses or deteriorating physical conditions is ultimately more difficult. Starting the conversation early will give you and your parents peace of mind, knowing that no one will be rushed into last-minute decisions that could have been avoided if you'd begun the conversation sooner.

Take Things Slow

It's understandable to feel a sense of urgency, particularly if a parent is facing a prolonged illness or physical impairment, but that doesn't mean you need to push them into making a hasty decision. In fact, if you inundate your parents with a long list of reasons they need to move at once, it may push them away from the idea altogether.

Instead, approach one issue at a time and give your parents time to think about it before bringing up another one. By taking the conversation slowly, they will continue to feel that they have a choice in what happens in their lives, and have confidence that each step they're taking is the right one.

Offer Options

When you do bring up issues, remind your parents that they have options. For example, if you fear that maintenance on their home becoming overly difficult, you can suggest hiring someone to do the work, moving somewhere that requires less maintenance, or finding a home that requires no maintenance at all — like a life plan community.





Ask Open-Ended Questions

Open-ended questions let your parents know you are genuinely interested in what they have to say and that their voice matters. They also allow you to learn what issues matter to them and what may be holding them back from making the move to a life plan community.

Be Prepared to Listen

Listening is one of the most important components of a fruitful discussion about independent living for your parents. By listening, you can learn about their concerns, fears, hopes and dreams. This will help you as you work together to find a life plan community that will suit their lifestyle and help them achieve their goals.

Know the Issues



There are a number of topics it is important to discuss as your parents consider where they would like to live. As you listen to them in conversation, you may find that some of their concerns about aging may be addressed by moving to a life plan community.

Health

Some life plan communities offer 24/7 access to qualified nursing staff and easy access to doctors and necessary medical treatments. Most communities even have doctors who make “house calls” when needed or provide transportation to off-site medical facilities.

Well-being

At many life plan communities, residents’ physical, spiritual, intellectual and social well-being are given high priority. On these campuses, programs and events are held throughout the year to help residents set and achieve personal goals for successful living and general well-being.

Financial Planning

Life plan communities can simplify financial planning. Things like taxes, utilities, and other recurring expenses are rolled into one payment rather than making several different payments each month.

Power of Attorney

Whether you’re working with siblings or it’s just you and your parents, someone needs to have the authority to make important decisions about your parents’ care. It is best to deal with the legalities before you find yourselves in a time of crisis.

Cognitive Ability

When parents have been given an early diagnosis of Alzheimer’s disease or dementia, it’s important to discuss what will happen as cognitive ability declines and how your parents want to address their treatment options and other associated issues. Many life plan communities offer assisted living or skilled nursing with memory care units that are available if needed.

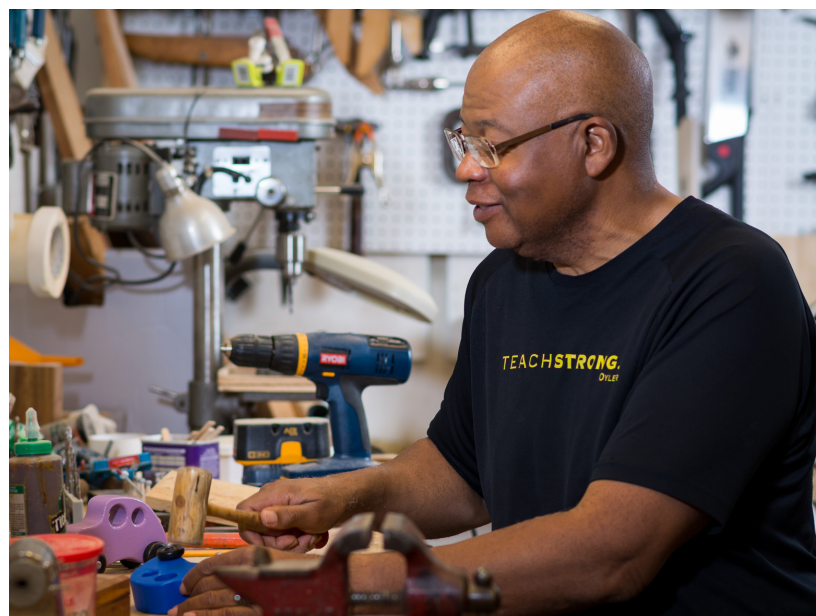




Test the Waters

Few things are as effective as paying a visit to a life plan community for your parents to get a feel for the way things operate, and how well they believe they would living in one.

Visit a campus together and take a tour of the grounds. While your parent may not be able to see the exact home they would live in, there may be a model home that is fairly representative of the larger community. Taking a tour also gives your parents the opportunity to meet some residents, visit the dining rooms, and view the events calendars to see if that community would be a good fit for them.





In summary: start the conversation early. Be respectful of your parents' wishes. Put yourself in their shoes. And enjoy more fruitful discussions that put your parents in an excellent position for better health and well-being so they can enjoy successful living now and in the years to come.



Discover Ohio Living Llanfair today!

At Ohio Living Llanfair, our residents enjoy a lifestyle of physical, intellectual, social and spiritual engagement. We believe these aspects of our well-being are enhanced by the stories we share. By experiencing everything Ohio Living Llanfair has to offer, you will be creating stories to share with your family and friends.

Take advantage of our “Escape to Ohio Living Llanfair” to see for yourself! Your 3 day/2 night stay includes:

- Accommodations in our luxurious themed guest suite
- Chef-prepared breakfast, lunch and dinner
- A customized itinerary tailored to your specific interests and hobbies
- One-on-one consultations with our Executive Director and Move-in Coordinator
- A personal resident representative to accompany you to events, workshops, classes, and meals

Contact us today at 513.591.4567 to set up your complimentary “Escape to Ohio Living Llanfair” stay!



Ohio Living
Llanfair

1701 Llanfair Avenue | Cincinnati, Ohio 45224 | 513.491.4567 | ohioliving.org

