



aPlaceforMom.

SENIOR LIVING

Planner & Guide





1 Senior Living 101

Discover the various levels of care and what type of senior community would best suit your loved one.



2 Paying for Senior Care

Learn about uncommon sources of funding that families can use to help pay for senior living and care expenses.



3 Tips for Touring Senior Communities

Costs, services, amenities, character, resident demographics and social programs vary widely across senior living communities. Get tips on what to look for and how to find the right fit for your needs.



4 Transitioning

Discussing a transition to senior living and making a decision with your loved one and other family members isn't always easy. Learn how to best prepare and have those conversations.

Steps in the Senior Living Journey

We help families with one of the most difficult life transitions they'll ever make – the process of leaving an established home and moving into a senior living community.

The good news is that you've already made the first step in the senior living journey by contacting your Senior Living Advisor. Your Advisor is dedicated to understanding your family's needs and helping you find a range of options tailored to your unique situation. You should view your Advisor as your partner throughout this process; they will keep in touch with you regularly and you should feel free to call your Advisor any time.

Selecting care for an aging loved one is a complex and personal choice. While there are many aspects to consider, we've identified four primary steps to guide you through the process.

1 Get Educated About Care Options

Over the past 30 years, senior living has evolved beyond retirement and nursing homes. Today's senior living options not only meet the care needs of older adults, they also complement personalities, interests and hobbies. Examples include communities designed for seniors who share an affinity for golf or classic cars or RVs, to socially vibrant assisted living communities that place a special emphasis on

gourmet dining experiences, pet therapy, cultural arts programming and life-long learning. Additionally, there are purpose-built memory care communities that allow more freedom and safety for people with dementia. Becoming familiar with the various types of senior care is important and can help you speak confidently with loved ones about options and next steps.



“ My mom is doing great! I knew it was the best thing and I believed she and everyone would benefit, but even I was surprised at how well she did moving in. She has some independence back and I know she really likes it. Thank you so much for your assistance throughout this long process. It has proven positive for everyone involved but most importantly, for my mom.

Becky W. – Found Assisted Living in Olathe, KS

2 Consider Your Budget

In our experience, most families aren't aware of the full range of resources available to help pay for care. Beyond what your loved one can afford on a monthly basis from savings and income, you can explore options like VA benefits, reverse mortgages, or even life insurance policies. This Guide, along with your Senior Living Advisor can provide more detail on what financial options may be available for you and your loved one.

3 Tour Senior Living Communities

If your loved one hasn't yet been included in the senior care discussion, we highly recommend touring properties before doing so. No amount of time viewing photos, brochures, floor plans or reviews can provide the confidence and knowledge you need to have a potentially difficult conversation. Schedule a tour at a minimum of three communities on your short list. We advise visiting during lunch to get a good sense of the community's culture as most of the residents will be around during mealtime.

Based on these initial tours, narrow your search to a few favorites, then make follow-up visits, perhaps unannounced, to get a good sense for the community you are considering. Make sure to snap a few photos, collect brochures and take notes about your impressions. Your Senior Living Advisor can make this process easier for you by arranging all of your tours in one short call. We also provide online tools for organizing and sharing your notes with other family members.

4 Plan For and Make the Move

Once you've selected one or two preferred options for your loved one, invite them to visit the community for lunch or during another activity. Your loved one will likely feel more confident and comfortable with the idea of a change in lifestyle if his or her family is with them and showing support.

When possible, involve your family members in discussions about the pros and cons of each option. Try to find consensus for the best choice and make sure that everyone in your family feels included in the final decision. You can always bounce ideas off of your Senior Living Advisor during your decision-making process, and read consumer reviews in MySearch (link provided in the email you received from your Advisor) to see other people's impressions of the communities on your referral list. In any event, the ultimate choice will need to be made by you or your loved one.



“ My grandmother is very happy there, and even has a ‘boyfriend!’ She is 98, he is 81 - and they sit together and hold hands -- very sweet!

She said, ‘Why didn’t you send me here earlier? This is a great place for people like me, we have so much fun here, we play bingo and have arts and crafts!’

I believe she has forgotten that she never wanted to leave her home, and how much of a fight she put up when we wanted her to move. Again, we are thankful that it all worked out and she is now happy and able to socialize again.

Kristen W. – Found Assisted Living in Allentown, PA

When moving your loved one to their new home, establishing a familiar environment, with the same old recliner, TV, books and photos, rather than buying the perfect new couch or carpet, can ease the adjustment. Keep in mind that once your loved one has made the transition, it may take a few weeks for them to get used to living in a new environment. Be patient; we've found that most seniors ask themselves why they didn't move sooner!

1 Senior Living 101

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“I don’t know what I would have done without your guidance. The information made available to me was excellent when I began my search for assisted living. I wasn’t aware there were so many types of senior care, but with your help and correspondence, I was able to make a decision with my mother where she will be happy.”

Carol G. – Found Assisted Living in Dallas, TX

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Senior Living 101

When you're suddenly faced with finding senior care for a loved one, you'll encounter a vast and unfamiliar number of care types and options. Most people quickly learn and understand the differences between care types, but find the complexity of selecting appropriate care overwhelming.

How do you know which level of care your loved one needs? The answer depends upon how much assistance with "Activities of Daily Living," also known as ADLs, your loved one requires. These are the day-to-day activities we do to sustain ourselves, such as eating, bathing, toileting, dressing and grooming.

We've compiled a list of common care types you may encounter:

For Active, Healthy Seniors

Senior Apartments / 55+ Apartments

Also referred to as 55+ apartments, age restricted apartments, senior condos, 55+ condos, cottages and adult communities. Senior apartments are just like apartments for people of all ages, but they have an age restriction; typically residents must be older than 55 or 62. Older adults often feel more secure in senior apartments, and prefer living near people from their own generation.

Independent Living / Retirement Communities

Independent living communities are also known as retirement homes or senior housing. They usually provide dining services and light housekeeping, but do not offer personal care services. However, outside home care providers can be hired to assist with ADLs.

For Seniors Who Need Daily Support

Assisted Living

Assisted living housing is a long-term senior care option that provides services such as meals, medication management, bathing, dressing and transportation, but typically not the 24-hour medical care found at skilled nursing homes. Assisted living communities tend to offer high quality restaurant style dining, outings, and social activities such as gardening, cooking, writing and art classes, exercise programs, book clubs and more.

Residential Care Home / Board and Care

Care homes are ordinary homes in residential neighborhoods that have been adapted to care for a small group of residents. Offering services similar to assisted living communities, care homes specialize in providing personalized care in a home-like environment.

Memory Care / Alzheimer's Care

Memory care is specialized, secured care for people who have Alzheimer's disease or another type of dementia. Residents live in a safe, secure environment designed to maximize their strengths and minimize their limitations. The staff at memory care communities have extra training in dementia caregiving.

Nursing Homes / Skilled Nursing Facilities

Nursing homes, also called skilled nursing facilities, are for seniors who require the highest level of 24-hour care, including those who are bedridden. Nursing homes are also used by seniors for rehabilitation following a hospitalization. A Place for Mom is prohibited by applicable federal laws from referring to these communities, as most are for Medicaid or public pay recipients.



Dementia vs. Alzheimer's Disease

Dementia is characterized by a decline in brain functioning severe enough that it interferes with the ability to function in daily life. Dementia symptoms include memory loss, and impaired thinking, language, judgment, and behavior. Alzheimer's disease is the most common type of dementia. 75% of people with dementia symptoms are diagnosed with Alzheimer's disease.

For Seniors Who Live at Home and Need Support

Respite Care / Short-Term Stay

Respite care typically refers to a short-term stay at a long-term care community. Respite care can also refer to in-home caregiving services used for only a short period. Family caregivers use respite services when they need a break or have other obligations.

Home Care

Home care services are provided by a visiting aid. Home care aids typically provide non-medical assistance with ADLs.

Adult Day Care / Adult Day Services

Adult day care is a safe place for seniors who require assistance with activities of daily living during the day, and return to their own home in the afternoon or evening. Adult day services prepare meals and sponsor various recreational activities. Many adult day centers specialize in providing care for seniors with Alzheimer's or other types of dementia.

Glossary of Senior Living Terms

Activities of Daily Living (ADL)

Activities of Daily Living, also known as “ADLs,” are the day-to-day activities we do to sustain ourselves, such as eating, drinking, bathing, toileting, dressing, and grooming. The appropriate care type for a senior seeking senior living is largely based on the amount and degree of assistance with ADLs required.

Assessment / Care Plan

Shortly before you move into a senior living community (assisted living or memory care), the staff will conduct an assessment. The assessment is a process to gather information about a person’s life, functional abilities and needs, and is used to develop an individualized care plan. The care plan describes the activities that the staff will perform to enhance, restore or maintain one’s optimal physical, mental and social well-being.

Durable Power of Attorney

A durable power of attorney designates who will take care of your affairs if you are unable to decide for yourself in the case of mental or physical incapacitation. Seniors can designate one person to handle health decisions (the health care proxy) and another for financial decisions (the financial proxy) or they can designate one person for both roles.

Executive Director / Activities Director

The Executive Director runs a senior living community. The Activities Director runs events, parties, social and recreational activities at a senior living community.

Instrumental Activities of Daily Living (IADL)

Instrumental Activities of Daily Living IADLs are the secondary level of daily activities we do to sustain ourselves such as cooking, writing and driving.

Living Will or Advance Health Care Directive

A living will, also known as an advance health care directive, is used to indicate choices about end-of-life care. For example: Would you want a ventilator and feeding tube used to keep you alive in an irreversible coma? Do you want CPR initiated if your heart stops, even if you are terminally ill? Make sure the designated health care proxy is aware of these decisions.

VA Benefits / Aid and Attendance

The Veterans Benefits Administration provides financial assistance to those who require the aid and attendance of another person. If you are a veteran or were married to a veteran who has passed away, and you need help with ADLs, you may be eligible for an additional amount in addition to your VA pension.

Wills and Trusts

Wills and living trusts are the legal methods used to designate what happens to your possessions and money after you die. A will simply specifies, in writing, who gets what, and how much. A living trust is an alternative to a will. A senior who prefers a trust puts their assets in the trust and names a person to take charge in case of death or incapacitation.

Comparing Your Senior Care Options

	WHO IS IT FOR?	SERVICES MAY INCLUDE	TYPICAL RANGE
SENIOR APARTMENTS / 55+ APARTMENTS	Active, independent and healthy seniors who are enjoying their retirement years	None	\$400 - \$2,000 per month
INDEPENDENT LIVING / RETIREMENT COMMUNITIES	Active, independent and healthy seniors who wish to live with other seniors in a community setting	Golf course, swimming pool, social activities, gourmet dining services and light housekeeping	\$1,250 - \$4,000 per month
ASSISTED LIVING	Seniors who are independent and social, but need assistance with ADLs	Fitness classes, social activities, healthy dining, transportation, assistance with ADLs, housekeeping	\$2,500 - \$6,000 per month
RESIDENTIAL CARE HOME / BOARD AND CARE	Seniors who are independent and social, but need assistance with ADLs and prefer a smaller home-like environment	Social activities, meals, transportation, assistance with ADLs, housekeeping	\$1,750 - \$6,000 per month
MEMORY CARE / ALZHEIMER'S CARE	Seniors who have Alzheimer's disease or other types of dementia	Special meal preparation, secured environment & specialized memory support	\$3,500 - \$8,000 per month
NURSING HOMES / SKILLED NURSING FACILITIES	Seniors who require 24-hour medical care	Provides the highest level of care to patients who need 24/7 medical attention	\$180 - \$300 per day
HOME CARE	Seniors who live at home and need help with meal preparation, ADLs, transportation	Meals, assistance with ADLs, and housekeeping	\$15 - \$30 per hour
ADULT DAY CARE / ADULT DAY SERVICES	Seniors who need assistance, socialization and meals during work hours	Meals, assistance with ADLs, and social activities	\$40-90 per day

* Costs may vary widely based on the needs of the resident, the location of the community, the size of the community and numerous other factors.

Q Should I Choose Assisted Living or Memory Care?

A If your loved one has complex care needs associated with memory impairment or has been diagnosed by a physician with Alzheimer's disease or another type of dementia, then memory care may be your best option. If your loved one shows early signs of memory loss, but is still relatively independent, then assisted living may be a more appropriate option. Our Senior Living Advisors can help you and your family figure out a plan together.



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Paying for Senior Care

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“I wanted to thank you for your help with respect to the Veteran Affairs information you provided. I worked through the Oakland County office and my mother’s Aid and Attendance application has already been approved by the VA. That could not have occurred without your help and concern. I will tell all my friends and family who are in similar situations about A Place for Mom.”

Colleen K.- Found Assisted Living in Ann Arbor, MI



Paying for Senior Care

Paying for senior care can be a challenge for many families. While some families have the means to pay for long-term care for an extended period with their income or savings, other families may need to consider leveraging assets or pooling their combined resources. Many families will use a hybrid of these methods.

Income and Savings

Using personal income or savings to pay for senior living is the simplest route. If a senior is not able to fully cover expenses, family members may contribute part of their income or savings to help pay for care.

Long-Term Care Insurance

If your loved one has long-term care insurance, it may cover assisted living, depending upon the specifics of the policy. Unfortunately, according to the Long-Term Care Association, less than 3% of Americans have long-term care insurance. The most cost-effective time to secure coverage is during middle-age or younger, as it can be prohibitively expensive as an older adult. If your loved one is covered, depending on the policy provision, it can go a long way to support care costs.

Veteran's Benefits

The Department of Veterans Affairs (VA) has assistance programs, such as the Aid and Attendance benefit, that can help pay for care for older veterans who served during specific periods of wartime. Assistance is also available to qualifying widowed spouses of wartime veterans.

Home Equity

Many seniors transition from a house or other residence that they own. The sale of their property holdings can help pay for their care. For those who need assisted living immediately, but aren't able to sell their home right away, some communities offer deferments that are paid back once the property sells.



Selling a Life Insurance Policy

This practice, known as a “life settlement” involves selling your policy to another person or a company for a cash settlement. They pay the premiums from then on, but collect the benefit when you pass away. This can be a complicated process so make sure you understand the impact on your family.

Pooling Family Support

A senior who cannot afford assisted living often relies on some financial support from grown children or other family members.

Reverse Mortgage

A reverse mortgage allows you to borrow money based on the equity in your home. The loan is paid back when you sell the home. A reverse mortgage stipulates that you must reside in your home for the length of the loan. A reverse mortgage can be useful if a couple needs care and has full ownership of the house. For example, if a husband is healthy, but the wife has advanced Alzheimer’s disease, the couple could use a reverse mortgage to pay for the wife’s care at an assisted living community with memory care, while the husband remains at home.

Medicaid

In some states, Medicaid covers care at skilled nursing facilities and assisted living communities. But Medicaid, which is not to be confused with Medicare, is only available to seniors who have little or no assets, so it’s generally an option of last resort. A Place for Mom is prohibited by federal statute from referring Medicaid or public pay recipients to its network of senior living providers.



“ Mom really likes it over there. She is going to an exercise class, attending lectures on historical figures and making friends. There are other quilters living there, too! She says that the whole atmosphere of the place is happier and friendlier. The staff has been wonderful. Sally, the director, is so caring and kind. Thank you for helping us and being patient through this emotionally trying time. I will certainly recommend you to anyone who is looking for assistance.

Carol M. - Found Assisted Living in Leawood, KS



Tips for Touring Senior Communities

“It has been wonderful working with you in our search for an assisted living community for my dad. All of the places you recommended were exactly what we were looking for. You were very precise in finding places that matched our needs by location, rate, floor plan and the services offered.”

Sheila M. – Found Assisted Living in Athens, GA



Tips for Touring Senior Communities

Finding the right community for your loved one is one of the most important decisions you can make. We've compiled a list of essential elements to consider when assessing a senior community. During your visit, consider the quality of care that your loved one may receive. The decision of "if, when and where to move" resides solely with you and your loved one, so consider what factors are ultimately important to you. Later in this Guide, we provide a checklist you can use while touring communities.

Observe the Level of Cleanliness

Does the community feel fresh and clean? Make sure to look past the furnishings and into corners, baseboards and windows. Ask how often housekeeping is provided in the personal living space. Make sure you get full details on the types of maintenance provided and the estimated response times. Don't forget to ask about laundry procedures. Ask for specifics on what is available and at what cost.

Visit During an Activity

It's a good idea to try and schedule your tour in conjunction with community events. Ask the manager if you can watch the activities or even participate. Are the activities and events well attended? Does the staff seem to be enjoying the activity as well? Take a look at the

community calendar of events. Do they match your loved one's interests? Do the events and activities vary in size and type? Do they include trips and outings away from the community? If it is important to you and your family, don't forget to inquire about religious services.

Pay Attention to Staff Friendliness

The attitude and friendliness of the staff are of the utmost importance. Make sure that you observe several staff members interacting with current residents. Do they listen and make eye contact? Make sure to get a good understanding of the staffing pattern. How many people are actually involved in residents' care? Make sure you get an introduction to the management team. This will help you understand the goals of the property. It is important that you have confidence in the property's staff.

Visit the Outdoor Areas

Everyone wants to be able to enjoy a nice sunny day outdoors. While visiting communities make sure to investigate the outdoor areas that are available to residents. Does the area feel safe and secure? Does the property house outdoor activities in these areas? Does the staff use the same area for their personal breaks?

Eat a Meal at the Property

As with most of us, the dining room experience is very important to seniors. When visiting communities, it is important to discuss entree choices and learn about dining hours, options and procedures. Make sure you and your loved one enjoy a meal at the property. Not only is it a great way to sample the cuisine, but it's a great opportunity to meet other residents. Be sure to discuss what happens if a resident is unable to make it to the dining room for a meal.

Ask Safety and Security Questions

Safety and security features are very important and offer peace of mind for the caregiver. Make sure that bathrooms are accessible and have grab bars in convenient locations. Ask how residents contact staff if they have an emergency in their living area. Find out about other safety features available in living quarters and throughout the community. Make sure you find out about staffing patterns to determine who is on site at all times to assist residents. Are there registered nurses on site? How do staffing patterns differ at night? How does the community assist or manage residents' medication needs? Don't forget to ask specific questions about any other medical needs that must be met for you or your loved one.

Ask Questions About Personal Care

As you go through the tour process make sure you ask a lot of questions about personal care. Discuss bathing options and bathing preferences. It's a great idea to observe the current residents while visiting communities. Are they clean shaven with well-groomed hair and nails? Are the residents dressed appropriately? Make sure to take into consideration what activities they are involved in and the current weather. Does the staff treat residents with dignity, respect and a smile?

Get Feedback From Residents and Other Families

Ask residents and families, past and present, for their honest opinions about the community. Many communities have a resident council that will be happy to answer any of your questions. Visit MySearch to read reviews from families who have shared their impressions of individual communities.

Ask About Move-Out Criteria

Most people do not enjoy moving multiple times and seniors are no different. Ask about specific move-out criteria. Under what circumstances is a resident asked to move out of the community? What type of notice does the resident or caregiver need to give the staff? In many instances, a 30-day notice may be required by the property.

Trust Your Instincts

As you are touring, make sure you think about yourself or your loved one actually living at the community. Can you imagine your loved one feeling comfortable? Do you feel at ease? Are the staff and residents open, inviting and friendly? Always remember to follow your instincts and your heart!



One Size Does *Not* Fit All

“ Every assisted living community has a different personality. You can visit two communities down the street from one another that offer the same care and services, they may even look identical to one another, but they'll feel very different. Just because your loved one didn't like one community, doesn't mean the next one won't feel right.

Krystal Chan - Senior Living Advisor at A Place for Mom

Community Touring Notes

When calling or visiting a prospective senior living community, use this checklist to keep notes, compare communities and get answers to important questions.

OBSERVATIONS	Community 1	Community 2
You are greeted and feel welcome	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Staff members are kind and caring to residents	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Staff call residents by name	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Staff and residents are well groomed	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Residents appear engaged and happy	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Meals are nutritious and appealing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Residence is clean and scent-free	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
The layout and floor plan make rooms and community spaces easy to find	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
There is a robust set of activities that your loved one will enjoy	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
SAFETY QUESTIONS	Community 1	Community 2
Is an individual plan of care maintained for each resident?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are the residents and families included in the preparation of the plan of care?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there a physician who visits the facility regularly?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

What is the policy about handling a medical emergency?

Who coordinates outside care provider visits?

LEGAL AND FINANCIAL QUESTIONS	Community 1	Community 2
Are residents required to carry renter's insurance?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there an appeals process for dissatisfied residents?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are the monthly fees negotiable?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are there pricing incentives, move-in specials, or other financial enticements?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

How long is the wait-list?

How are the monthly fees charged and calculated?

Are there additional fees, if so, what are they?

You've completed tours of some senior living communities. Now what? Share what you've learned! Engage with another family member to discuss each property, and call your Advisor to discuss which properties you like and how to handle the conversation with your loved one.

Community Touring Notes

OBSERVATIONS

Name of Community 1:
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Community Address:
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Contact Name:
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Contact Phone:
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Name of Community 2:
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Community Address:
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Contact Name:
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Contact Phone:
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SAFETY QUESTIONS

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LEGAL AND FINANCIAL QUESTIONS

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4 Transitioning

“Mom is doing great. The toughest decision she has to make is whether she wants a cheeseburger or barbecue ribs for lunch. The food there looks great and the staff is very attentive. The drama we talked about on move-in day was just on move-in day and everything has been great since. She is enjoying the social interaction at the place; the other women at her table are very talkative and chatty.

She spends most of her time outside of her room.

Thanks again for all your help. And thanks for the hand-holding. You made this a lot smoother for us. It also accelerated our schedule - you saved us a bunch of time, stress, and hassle.”

George W. – Found Assisted Living in Bowling Green, KY

Making a Decision with Your Family and Loved Ones

Chances are your loved one recognizes a change will be needed – either in the short or long term, but they are hesitant to discuss it. By talking about it as a family, you can acknowledge and understand their concerns and fears, and address them together. Being prepared for the conversation with information from your community visits and having alignment ahead of time with siblings or other family members can help foster a calm, caring and productive dialogue.

Tips for the Family Meeting

Be candid and open when you speak with your loved one. Explain your concerns specifically and clearly without unnecessary euphemisms or dancing around the issues. Share your own feelings. Use “I” statements, and remind your older loved one that your concerns come from love.

Follow the Golden Rule

Imagine the roles are reversed and that you are the senior.

How would you want your loved ones to address you about their concerns?

Remind Your Loved One That You're Here to Support Them

Try not to let your parent or loved one feel threatened, or see you as an adversary in the interaction. Reassure them that you will be with them through thick and thin, and that you have their best interest at heart before anything else.

Allow Your Loved One to Feel in Control

A sense of a loss of independence and autonomy is one of the biggest causes of distress in these situations. Make it clear to your loved one that the purpose of this conversation is to clarify their wishes about the future, not to force an already made decision on them.

Tell Your Loved One About Your Own Needs and Limitations

Some older parents may expect one of their children, perhaps you, to take care of them in their old age, regardless of circumstances. Let your parent know now if this isn't a realistic expectation because of your own needs or obligations.

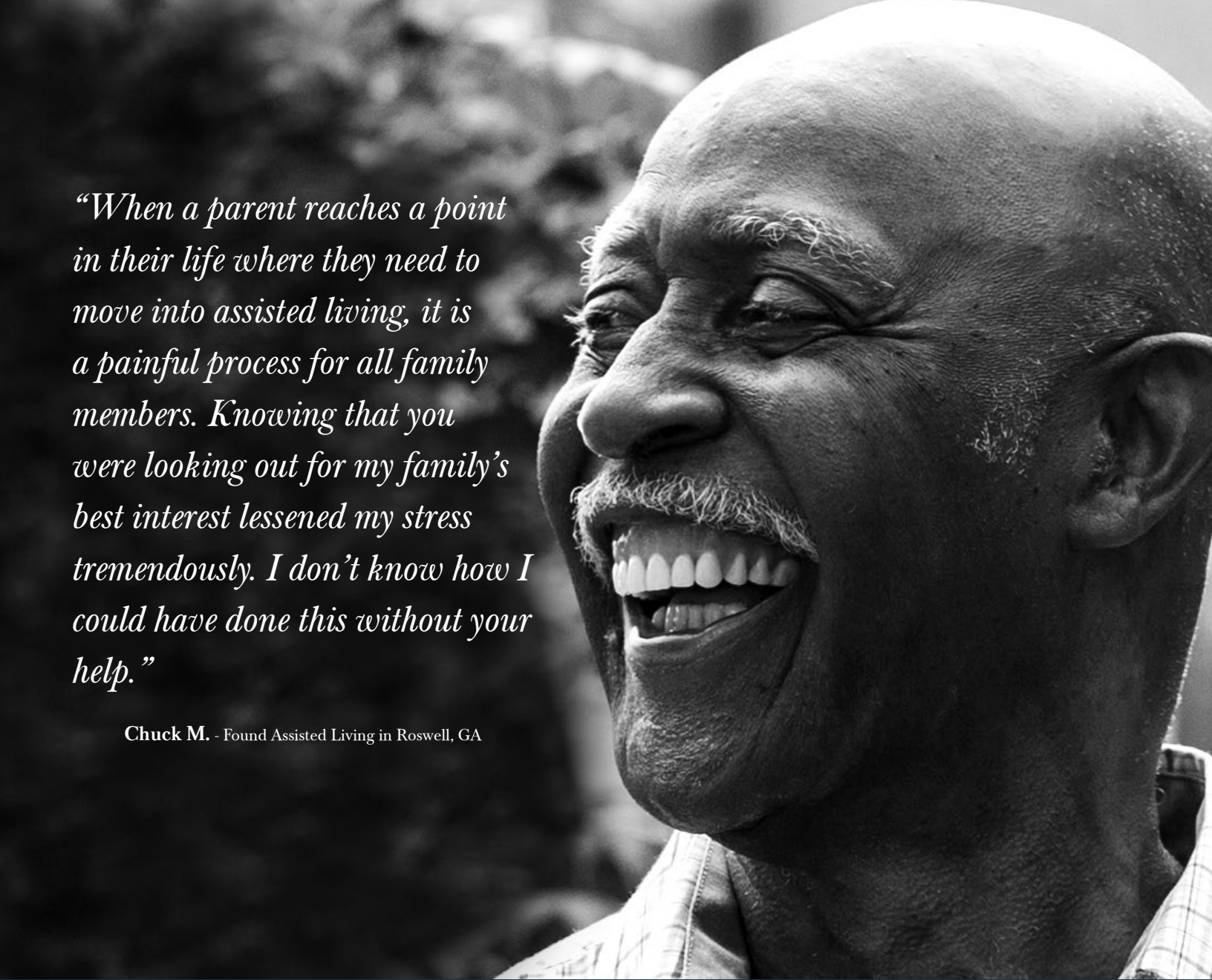
Leave the Conversation with an Action Point

It's easy for conversations such as these to become mired in abstractions or vague promises to talk about it later. Make it a goal to come away with some clear takeaways in terms of wishes and expectations.



“ I agonized over placing my mom in an assisted living facility; in fact, I fought the whole idea of it until I had no other choice. My emotions were almost a hindrance to me to make the best decision for my mom as I wanted more than anything to protect her, but the situation was out of my control. We moved my mom in about a month ago and she went from being sad and depressed to open and happy once again. She is making friends and participating in all the activities and she even loves the food! We all love you at A Place for Mom!

Elizabeth K. – Found Assisted Living in Walnut, CA



“When a parent reaches a point in their life where they need to move into assisted living, it is a painful process for all family members. Knowing that you were looking out for my family’s best interest lessened my stress tremendously. I don’t know how I could have done this without your help.”

Chuck M. - Found Assisted Living in Roswell, GA

Tips for Making a Smooth Transition to a New Home

To make the transition easier, surround your loved one with things that are familiar; anything that will help your loved one recognize their surroundings will increase their feelings of safety and security. Visit the new apartment a few days before your loved one moves-in and set it up in a similar manner to their room at home. Make sure they have furniture that fits the floor plan - place the bed, dresser, rugs, photos, as close to their current arrangement as possible. What to bring:

1. Family photos and paintings
2. Hobby materials
3. Comfort items such as blankets
4. Plants
5. Favorite sheets, towels
6. iPad, radio, laptop, television
7. Kitchen supplies and microwave

Preparing for the Move

- 1 Gather legal documents such as a durable power of attorney and a living will
- 2 Visit a physician for a physical, TB test and a list of medications and medical history
- 3 Create a transition plan with all family members who will be involved in the move
- 4 Consolidate possessions – if your loved one is moving to a much smaller space they will need to go through and decide what things need to be moved to the new place and what does not
- 5 Coordinate the move – if your loved one does not live near family it will take some time to plan a weekend where family members can assist with the move
- 6 Ask your Advisor or the community for a reputable moving company that specializes in transitioning seniors

Essential Documents to Gather

- Birth Certificate
- Driver's License
- Social Security Card
- Medicare / Medicaid / Insurance Card
- Organ Donor Card
- Marriage Certificate
- Credit Cards
- Mortgage Records
- Military Records
- Legal Power of Attorney, Healthcare Proxy, Living Will, Advance Directives

RESOURCES

Your Senior Living Advisor

877-666-3235

MySearch Online

Access your personalized senior living referral options
and read community reviews via the URL
included in the email from your Senior Living Advisor.

Additional Senior Living Resources

www.aplaceformom.com