



Autumn Leaves

A LIFE CARE SERVICES® COMMUNITY

**Bringing up the subject is the hardest part.
We'll give you the confidence to get started.**

Mom or Dad may resist discussing assisted living because they're afraid of losing their sense of independence. You might avoid the talk because you're concerned about how they'll react. However, starting the conversation before a crisis arises removes anxiety and uncertainty, making it easier on everyone.

How to begin **THE TALK.**



FOLLOW THESE SIMPLE GUIDELINES.

Know Their Options

Research assisted living and memory care communities in your area—including costs. Find out if your aging parents have long-term care insurance or if a parent was a wartime Veteran to explore available funding. You need to know what they can afford to have a productive conversation about their wishes and needs.

Start As Soon As You Can

Bring up the topic before an emergency arises and you can discuss the future in a non-threatening way. Sitting at the kitchen table chatting, with no need to make a decision that day, makes the talk much more comfortable.

Acknowledge Their Wishes

If your parents are willing, involve them in community visits. Always present senior housing options with positive language and an upbeat tone, and let them know it's important to you that they make the final decision.