



How to Have the Conversation about Assisted Living



For National Assisted Living Week, the professionals at United HomeCare and The Residences of United HomeCare® offer these tips to help families communicate effectively with loved ones and plan for a smooth transition to assisted living.

1. **Start early.** The conversation about moving to an assisted living community is an important one, and it can be emotional at times. Don't expect immediate consensus or decisions.
2. **Prepare.** Do some research on assisted living options so you'll have some answers to likely questions from your loved one. Ask professionals from the assisted living communities you are considering for help in preparing information.
3. **Stay optimistic and control the tone** of the conversation. Remember, this is a positive change for your loved one.
4. **Listen.** Just as you want to be heard by your loved one about the need to transition to assisted living and its benefits, make a conscious effort to listen to what they have to say, and acknowledge that you have heard and understood their point of view.
5. **Be patient.** This is a big change and may take some time for your loved one to digest.
6. **Be consistent.** Have regular conversations with your loved one about making the move to assisted living. The more often you discuss it, the less difficult it becomes for both of you.
7. **Be honest.** Don't ignore or gloss over important issues just because you anticipate a negative reaction from your loved one. Be open with each other and discuss any concerns together.
8. **Make it a team effort.** Include your loved one and other family members in the decision-making process. Ask them to join you in touring the facilities and in preparing questions for the management.
9. **Discuss life after the move.** Help your loved one visualize the positive changes in daily living routines once the move is complete.
10. **Reach out for help.** Assuming a leadership role with a parent or spouse to guide them in the transition to assisted living can feel awkward. Ask friends for advice. And look for community resources, such as United HomeCare, to help you succeed.

United HomeCare has Geriatric Care Managers who can help make a smooth transition to assisted living. For more information, please contact United HomeCare at **305-716-0710**. For more information about The Residences of United HomeCare®, call **305-328-0875** or visit <http://www.unitedhomecare.com/theresidences/>.