

WHEN A LOVED ONE RESISTS MOVING.



Information from our House to yours.

WHAT'S BEST FOR EVERYONE.

When it's time to discuss transitioning to a senior living community, you may encounter resistance from your loved one or from another family member. They may be experiencing a range of complicated emotions, summed up in one word, "No!" It's important to be aware of everyone's feelings, and approach the conversation with empathy, support and reassurance. Here are some suggestions which may be helpful in moving forward:

Have the conversation early | Start talking about senior living with your loved one and your family before the move is necessary. Structure the narrative around key points involving safety and well-being. As the move becomes a reality, your loved one may be used to the idea and realize their best interest is at heart.

What's in it for them? | The advantages of senior living are different for everyone. A vibrant social life may not be important to them, so making friends isn't

always appealing. Read up on what a maintenance-free lifestyle entails, and stress benefits that could improve their quality of life, like no more cleaning, cooking, yard work, etc.

Give them ownership of the decision | For your loved one, leaving their home can feel like they're losing control and independence. Including them in the decision-making process will help assure they're still in charge of their life. Discuss together the pros and cons and ask them how they would move forward. Listen

to what is important to them, prioritize their wishes against all possible choices and let them know they have your support.

Share your feelings | Often a loved one can lose perspective on what their resistance means to their family. Share how it is affecting you in a way your loved one can empathize with, without blaming them. Give them a chance to see the bigger picture of how a move would be positive for everyone.

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YOUR STORY. TO BE CONTINUED.

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LIVING WELL IS BEING WELL.
American House Senior Living Communities

At American House, our mission, Living Well Is Being Well,[™] promotes whole-person health and wellness of the mind, body and spirit. Our brain health, wellness and enhanced mindfulness programs help our residents discover and grow and make personal choices that improve and support a healthy lifestyle.

Our maintenance-free lifestyle is designed around our belief that if you live well, you will be well. It presents our residents with extra time to concentrate on health and wellness goals, explore new interests and continue their story in the company of friends and loved ones.

Friends make great neighbors

| If your loved one has friends who are happy in a senior living community, reach out to them and plan a visit. Their peers can lend some objectivity to the situation and finding a place with a built-in network can make all the difference.

Visit senior living communities

| Invite your loved one or family members to join you on a tour of communities you think would be suited to their needs. Have lunch in the dining room and arrange to participate in a class or activity. It will be easier to imagine themselves in a place where they see people thriving.

Get some assistance | It can help to have an objective third party facilitate the conversation

with your loved one. Reach out to a trusted physician, spiritual guide or counselor to talk with you and your family or with your loved one in private. It's quite common that seniors trust professional opinions.

Validate their concerns

Preserving your relationship with your loved one is the most important thing. Empathize with their hesitation in moving, which can involve feelings of loss, fear and misunderstanding. Figuring out the basis of their resistance and what is important to them will make it easier to know where to focus the conversation.



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