



## SENIOR LIVING: A FAMILY MATTER

Deciding on the best care for a loved one can be a difficult and emotional decision. It can be hard to start the conversation, let alone process how your loved one may react to the discussion. Before jumping into the conversation with your parent or loved one, it's important to ensure all siblings and other close family members are on the same page.

By discussing the topic early, and maintaining open lines of communication, you'll avoid being faced with making this very important decision in an emergency-type situation.

Here are a few tips to help you get started.

### **Open Communication with Family**

Be sure to include close family members and/or siblings in this process. Consider talking to your loved one individually, then plan a family dinner to have the conversation as a group. Make sure not to blindside any family members and schedule a meeting to have time to prepare. If the situation becomes heated, consider a family counselor or mediator who specializes in senior care issues.

### **Do Your Research**

Prior to starting the conversation with your loved one, research care options and local communities to see what's available. Check out community reviews, visit senior living resources or contact local senior organizations to help get you started.

### **Divide and Conquer**

Split up the responsibilities between siblings/family members. Let everyone have a say on what they would like to assist with e.g. visiting local senior living communities, assisting with getting important documents together, communicating with doctors, etc. Make sure to keep an open mind when it comes to your other family member's ideas and suggestions.

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## SENIOR LIVING: A FAMILY MATTER (CONTINUED)

### **Your Loved One's Well-Being is Your Top Priority**

Always remember your loved one's health is your primary concern. It can be difficult if a dispute between your siblings/family members arises, however this is about what's best for your loved one. Work together to make the transition process as easy as possible.

Our team is here to help. Contact us to learn more about why so many seniors call American House home.

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