



Talking To Your
PARENT
About Senior Living



SILVERGATE

Retirement Residence
& Memory Care Suites



Talking To Your Parents

Conversations about senior care can be stressful for all of those involved. Everyone has preconceived ideas, apprehensions and even guilt that they carry with them. These challenges can make having an honest conversation about retirement living options with your parents emotional and hard to initiate.

With such an emotionally charged topic, starting or continuing a conversation about senior living for Mom or Dad can be more difficult if the topic isn't approached with care and consideration.

To help you start this important conversation with your loved ones, Silvergate Retirement Residence -- an award-winning senior living provider -- has put together this helpful guide to assist you with talking to your loved ones.

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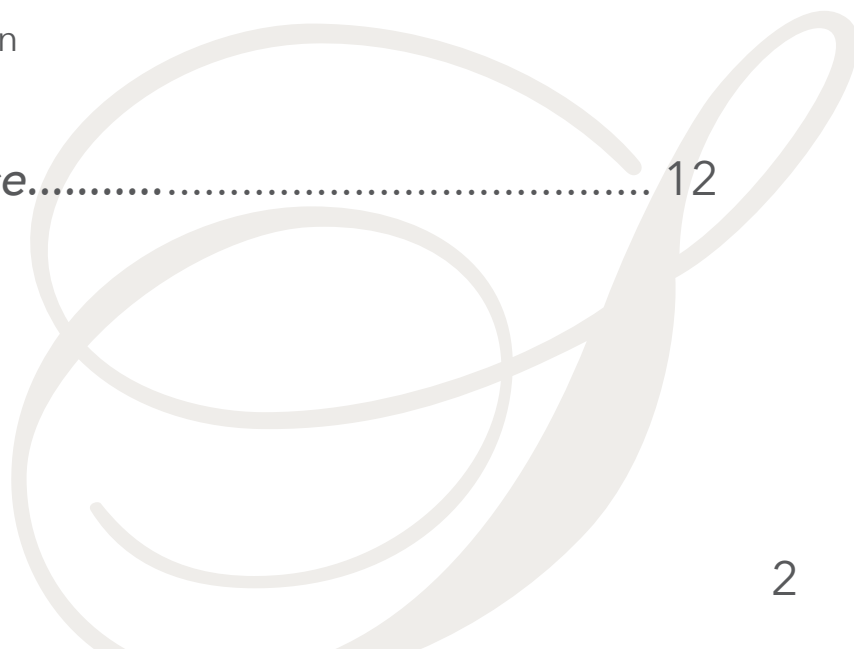
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Award Winning Experience
Family Owned and Operated
Feels Like Home



Is It Time To Talk?



Noticing Changes

If you have noticed some type of decline in your loved one's physical or mental health, it can be tempting to jump into a conversation about care needs quickly.

However, some forethought before bringing up the subject to your loved one or to your family members can be beneficial. Step back, take some time to gather reliable facts and prepare to initiate "the talk" confidently. You will want to...

Watch for differences in these key areas:

- 1) *Activities of Daily Living (ADLs)*
- 2) *Safety and Security*
- 3) *Emotional and Physical Health*
- 4) *Cognition and Memory*





Early Signs To Look For In Your Loved One

Signs in Activities of Daily Living (ADLs)

- *Cluttered or disorganized house*
- *House, appliances or yard needs attention*
- *Difficulty with preparing nutritional or regular meals*
- *Poor personal hygiene or disheveled clothing*

Signs Around Safety & Security

- *Issues with driving*
- *Difficulty paying bills on time*
- *Falls increasing at home*
- *Growing inability to safely move or aid spouse*
- *Unexpected wandering (especially at night)*

Signs Around Emotional & Physical Health

- *Increased isolation and/or social disengagement*
- *Noticeably sad or depressed (often due to loss of friends)*
- *More doctor visits or hospitalizations*
- *Weight loss or poor appetite*
- *Complaints of pain or discomfort*
- *Obvious declines in health or strength*
- *A loss of interest in activities they used to enjoy*

Signs of Early Memory Loss

- *Getting lost or having trouble remembering recent events*
- *Struggles with staying organized, learning new skills or performing tasks*
- *Problematic mistakes with finances or spending of money*
- *Behavioral changes, including agitation or acting out*
- *Asking the same questions repeatedly, without remembering the answer*
- *Trouble taking or re-ordering important medications*

Is It Time To Talk?



Don't Wait...

Have a conversation now with your loved one while they're healthy and well. Talking sooner rather than waiting too long puts you at a huge advantage.

Here's why...

- ❖ You're making the decisions **together** as a family.
- ❖ You'll **understand** why senior living makes sense right now.
- ❖ You'll be able to talk about the **options** available in senior living.
- ❖ You'll get the **help** your loved one needs from professional caregivers.
- ❖ You'll **avoid** having to make decisions during a health crisis.
- ❖ You'll have greater **peace of mind** knowing the decision has been made.



Securing senior care before accidents occur may seem counterintuitive, but it assures that your entire family has had the chance to carefully select the perfect senior community outside of a distressing health event. Avoid having to move Mom and Dad in the future by taking the time to have the conversation with your parents early.



Consider This...

When you ignore the signs, avoid the conversation, or leave your loved one living entirely on their own, you run some unsettling risks, such as:

- Isolation & Depression
- Unexpected Health Crisis
- Elder Fraud



What Is Senior Living?

First of all, *senior living is about LIVING!* Retirement communities today are not the nursing homes of yesteryear. Today, they offer independent living, assisted living and memory care in safe, secure, and stylish surroundings. At a great senior living community, you won't have to act as your parent's caregiver, and you'll find a vibrant living environment for your parents with:



Health Care Services

Outstanding care from trained professionals who are kind, compassionate and reliable, while keeping an eye on your loved one day and night -- saving you from having to worry or bring in expensive in-home care.



Friends, Fun & An Active Lifestyle

With a rich roster of wellness programs and opportunities for life-long learning, you can take comfort in knowing Mom and Dad will not only stay more fit, healthy and engaged, but they will also have regular activities and events planned and organized for them.



Dining & Nutrition

Senior living communities dish up a perfect mix of chef-crafted cuisine that is always tasty and nutritious. You'll no longer have to shop for groceries, figure out what's for dinner, or check on how well your loved one is eating.



No More Home Maintenance

Retirement communities relieve seniors and their family members of having to deal with household chores. Maintenance and housekeeping are taken care of, allowing you to focus on your agenda for the day.



Transportation Services

Senior living communities often provide around-town transportation services for their residents to shuttle them to doctors visits, the pharmacy or simply to pop into the local grocery store...so you don't have to.



Right Size Community

Finding the ideal community means it's small enough for your loved one to easily navigate, but also large enough to offer all the care and services your parents need.



A Must-have Discussion

Now that you have had some time to step back and evaluate why you believe senior living is a good option to talk about, take the time to organize your thoughts in advance. Give some thought to your specific concerns, how you will express them and how you will convey your feelings before the talk even begins.

True, some adult children know that their parents will not take kindly to such a discussion, thus definitely making it harder, but fear not – this is a conversation that we must have with our older adults. Going in prepared, both emotionally and intellectually, can help you with keeping the tone appropriate and the discussion level-headed.



Create An Outline of Talking Points

Take the time to prepare a short outline or checklist for your talk. Be ready to cite specific situations you have observed as well how senior care solves the issue at hand. If the situation becomes emotional, or if you find yourself veering off topic, check your outline, get back on track and assure that you are covering what you feel like you need to during your conversation. Avoid making the talk feel like a list of your loved one's failures or shortcomings. Instead pick a few items and use those to illustrate your concerns.

Involve Your Family Members

You may find yourself not only having to convince your parents that senior care is the best option, but also convincing siblings or other invested family members. If this is the case, be sure to:

- ❖ *Express your own concerns, but balance the feelings and opinions of others.*
- ❖ *Discuss your plan with those involved, including who will approach Mom and Dad.*
- ❖ *Come to an agreement on the best location for your parents' senior living solution.*
- ❖ *Discuss the financial feasibility and your parent's estate plan.*



Remember, it isn't always easy to convince your loved one, family members or anyone involved in the decision-making process that the benefits and advantages of a senior care community far outweigh the risks of remaining at home. Keep your audience - your parents - in mind and express your feelings and thoughts openly and positively with them. Ensuring family members are invested early in the idea of senior living will increase the likelihood of Mom and Dad taking it seriously.

Having The Talk



Introducing The Idea Of Senior Living

By now, you will have practiced what you want to say. Remember, the more familiar you are with the topic of senior living and why it makes sense right now, the more comfortable you will be discussing it. Try to keep your emotions in check, but avoid sounding robotic.

Find a comfortable setting and be yourself, especially if you're trying to avoid elevating already-high emotions. Speak with empathy and from your heart. Be honest, as seniors usually appreciate an open and frank dialogue. As you work through your list of points, explain the drawbacks to staying at home vs. the benefits of assisted living.

Timing Is Everything

- Pick a time when there are no distractions or other obligations.
- Find a time to talk when there is a lull in your loved one's activities.
- Focus specifically on the conversation and give it your undivided attention.
- Look for an opportunity to talk when a positive outcome is most likely.





Overcoming Common Misconceptions

Even though you may have considered the idea of senior living for a while, your parents haven't. They may still think that moving to a retirement community is premature.

Over time, our culture has perpetuated a good many misconceptions about what senior living is and is not. When you find yourself having to unravel the myths, and if you are hearing any of the following, here are some great responses to have in your back pocket:

What Your Parents Say...

“We can take care of ourselves.”

“That’s for old people,
I’m too young for that.”

“I’m not ready to leave my home yet.”

“How would I ever downsize
this place?”

“I don’t want to leave my friends.”

“I like cooking my own meals.”

“We can’t afford it.”

How You Respond...

“Mom, are you *really* taking care of yourself considering all the help you currently need? I’d certainly feel more comfortable knowing you have care available and don’t have to rely on me.”

“Well, there are seniors of all ages living in retirement communities, many of which are focused on independent living. They get to take advantage of all the fun activities and outings.”

“Really? Wouldn’t it be great if we didn’t have all the house chores and upkeep to deal with here anymore?”

“Many communities partner with professional move managers who will help us get you organized and keep your most treasured belongings with you.”

“Your friends can visit you anytime, and with all there is to do, you’re sure to make new friends and neighbors who will be right there with you.”

“You can still fix meals, but this way, we don’t have to worry about groceries and what’s for dinner anymore. Meals are prepared by a chef and somebody else cleans up the dishes!”

“Actually, we looked into it. Since you own your home, you *can* afford it!”



Before You Leave The Conversation

After you've laid your cards on the table and had a substantive talk with your loved one(s) about senior living, it's time to let it rest and settle in for a bit. Give your parent(s) the time and space to think about what's next. But, before you leave the conversation, be sure to:

- ❖ *Remind them that you're all talking because you want **what's best for them** and you love them.*
- ❖ *Explain that you're having this conversation **before something happens** and certainly before they need professional care.*
- ❖ *Let them know that you don't want to have to make this choice for them...that you want them to **be the decision maker** in finding the right senior living choice.*

Your worries may seem abrupt for your loved one or other family members. Even if you phrase it kindly, emotions can make your loved one feel attacked and become defensive. Don't let negative reactions keep you from gently finding ways to **keep talking**.



What's Next?

Let the advantages and benefits of senior living reveal themselves over time as your loved one continues to face the everyday challenges of house maintenance, fixing meals, managing medications and juggling doctor's appointments. In the meantime, consider your next steps:

- 1) Recommend that you come together to talk again in a few weeks or a month.
- 2) Research communities online in your area or where you'd like your parent to ultimately live. Be sure to look for award-winning communities with positive customer reviews.
- 3) Consider calling or touring communities like Silvergate Retirement Residence to get a feel for whether it would be a good fit for your loved one.

Why Silvergate?



Award-winning Experience

To tackle a topic like senior care, you need reliable advice from a trusted source. Look no further than the professionals at Silvergate Retirement Residence.



For more than 30 years, our licensed nurses, trained caregivers and professional staff have provided **award-winning care** and premium services to Southern California families. Silvergate offers independent living and assisted living, as well as professional memory care for those living with Alzheimer's disease, dementia or memory loss. Time and again, our care teams have been nationally recognized for their impeccable standards, exceptional service and industry-leading wellness programs.

Our North San Diego County retirement communities -- in **Fallbrook**, **San Marcos** and now our newest flagship community in **Rancho Bernardo** -- are ideally situated in convenient, picturesque locations. Because we are **locally owned and operated**, our hands-on management teams can remain actively engaged with residents and caregivers. At Silvergate, we are proud to have a longevity of staff representing the lowest turnover rate in the industry. Just as importantly, our communities are small enough for everyone to know your name, yet still large enough to offer the high-quality care and services you would expect.

We are always honored when family members walk through the front doors of Silvergate and say...

“It just feels like home here.”

“I can really see Mom living here.”

“I trust my Dad is in great hands.”

Rest assured, we know the best parts of senior living and the hard parts, too. We have worked with countless families to settle their loved ones into a new and engaging next chapter of life. Call us. We are here to help, and we can walk you through this transition, too.





SILVERGATE

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& Memory Care Suites

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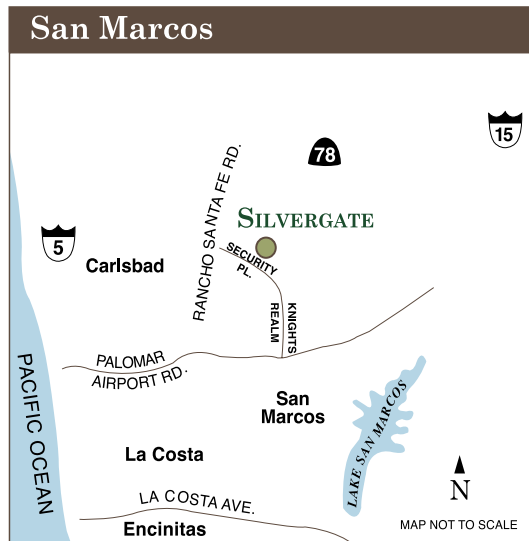
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