



*Questions To Consider
When Moving A Parent
Into Assisted Living*

01

WHERE DO I BEGIN?

At the beginning. Make a list of questions. The most important – “is this move really necessary?”

02

HOW DO I FIND A 'GOOD' PLACE FOR THEM TO LIVE?

Check out local and national referral services. Public services can be found through your state's Department of Human Resources. There are many private referral services as well. Most private services earn a referral fee from the community your parent chooses to reside in so there should be no charge to you for this service. Just to be safe, always ask first if there is a fee.

03

HOW WILL WE PAY FOR IT?

Many assisted living communities want an assurance, in the form of a net worth statement, that your parent will be able to afford to live there for the reasonably projected future. If you are serious about being a person that is going to help your parent move into assisted living, this is a time where you will likely need a clear understanding of your parent's financial resources.

04

WHAT MEDICAL, EMOTIONAL, FINANCIAL AND FAMILY RESOURCES WILL MY PARENT AND I NEED?

Be proactive! Dealing with medical paperwork, coordinating schedules, pulling together resources in ways that will be a stretch because you have never faced this challenge before is rough enough. You will also be dealing with the emotions that inevitably arise when you have deal with what is likely the final chapter of a loved one's life.

05

WHAT CAN THEY TAKE WITH THEM?

This all depends on where they're going and how much living space they will have. Take favorite pictures and other small treasured things that may be decorating their walls; familiar things can make them feel more at home more quickly, and it gives them things to talk about with their new neighbors.

06

HOW MUCH MIGHT THEIR LIFE CHANGE?

This is often one of the biggest changes in a person's lifetime. Many seniors view this move as the last one of their lives, and it can cause them to be sad, depressed, or angry. More positive folks see it as a way to unburden their families and feel more secure about receiving the ongoing care they need.

07.

HOW MUCH MIGHT MY LIFE CHANGE?

Take time out to consider this. Much of your focus is put on your parent. Once you feel assured that they are settled in and well taken care of you should give yourself some time and space to settle in yourself, without guilt. Just as a parent breathes a sigh of relief when their children leave home, and at the same time misses them sorely, allow yourself to go through conflicting emotions.

08.

HOW CAN I MAKE THE MOVE EASIER ON THEM?

Spend the first day, move-in day, with them. Set a realistic expectation about how much time you will be able to spend with them afterward. Help them get to know others in their assisted living community by engaging in structured activities. Take another resident along when you take your parent out for a visit, shopping, or for a meal.

09.

WHERE DO I TURN WITH PROBLEMS WHICH MAY COME UP?

No living arrangement is perfect. There are many frightening stories out there, and many heartwarming ones as well. If problems do arise, and if you want to anticipate them, research your parent's chosen community through a local ombudsperson.