



The Move to Assisted Living May Be Inevitable But It Doesn't Need to Be Difficult

As much as you might want to keep your nearest and dearest close to you for as long as possible, there comes a time when letting go is inevitable. This is particularly true with senior parents or grandparents. As they progress in age, so do their care needs, which, in the hustle and bustle of life, you might not be in a position to provide. In most cases, they are better off living in facilities where they can expect assistance and care around the clock.

Despite your best intentions, it's important to also recognize that your senior loved ones may not feel the same way about having to leave the family home for a facility. It is for this reason that you need to carefully consider their misgivings, explore the facts and options, and work together toward making the transition [as painless as possible](#) with these tips courtesy of [Sun City Summerlin.net](#).

Recognize the Signs

Before deciding to move a senior into a facility, it's very important to determine if there is, in fact, a need for it. After all, living with family ensures that they get to remain in a loving and comforting environment, which is arguably still best for obvious reasons. But of course, you also have to take into consideration your own and your family's needs, which is why it's crucial to recognize if [the time is right](#) for this transition.

The key is to look out for [the signs](#) that make the move to assisted living not just likely but of utmost necessity. Generally, these signs pertain to increasing medical and personal care, as well as cognitive, mental, and decision-making challenges.

When these become alarming — or at the very least, apparent — it's time to [have the talk](#). Know that a decision will not be made overnight, so be prepared to tread lightly and really make a good case for the transition, as well as to find ways to make it as compelling an option as possible. In instances where medical or mental issues come into play, it's also a good idea to include your loved one's doctor in the discussion.

Discuss the Options

Now, it's absolutely crucial that your senior loved ones are [fully included](#) in the dialogue. It's their lives, after all, so they should have a say in it. For this reason, it's wise to not make it seem like the decision has already been made. Instead, be receptive to their concerns and work to alleviate them, as well as review the options at length with them.

One very important thing you can discuss with seniors is whether they're more amenable to an assisted living facility or a community that promotes independent living. There are [distinct differences](#) between the two, so it's a must to explore each one to see how they measure up to your loved one's immediate and anticipated needs. In a nutshell, they can expect comfortable housing, special amenities and services, and common spaces in an independent living community. Assisted living, on the other hand, offers an extra level of assistance in daily living tasks like bathing, managing medications, dressing, continence, and more.

Know the Circumstances

Finally, it's also wise to know the specifics of your loved one's particular circumstances, particularly the financial aspects, as this could be a significant factor in this very big decision. You'll need to figure out how to pay for assisted living whether it's through savings, long-term care insurance, or selling their home. If you're selling the home, [investigate](#) area home prices to learn about how much you can expect to earn. Be sure to factor in the [cost of moving](#) into their budget. You can find reliable local [Angi movers](#) online, but make sure to never accept any estimate given to you over the phone. Discussing finances can be a sensitive subject, yes, but there's no question of its necessity.

One thing you must determine is whether your loved one has life insurance. If it's too awkward a discussion, you can help them sort through their paperwork or safety deposit box, check their mail or bills, or even search online to see if a policy exists. This is important as their life insurance policy can potentially help pay for assisted living and even cover their final expenses.

Sometimes doing what's best for your loved ones means making hard decisions to ensure their care and safety. But it doesn't have to be a thankless job. In time, when your seniors are safe and sound and comfortable, they will surely appreciate your taking this initiative.

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