



# Talking to your parents about senior living

Throughout your lifetime, your parents have been there supporting, advocating and caring for you. But what happens when roles begin to shift? Whether the change comes gradually or suddenly, if you are concerned about your parents' health and safety, this could be the right time to talk about senior living choices.

## Plan ahead

**Start by creating a list of concerns.** This can help you organize your thoughts. Include input from all siblings. Are you worried about your parents living in a house that's too large for them to manage? Is Dad becoming forgetful?

**Familiarize yourself with different care options.**

There are many types of senior living communities and levels of care. The goal is to find an option that allows your parents to live as independently as they can without limiting their freedom of choice.

**Location, location, location.** Senior living communities are as diverse as their residents. Some cater to adults ages 55 and older but don't offer healthcare. Other communities provide different levels of care on one campus.

## Talk to your parents

Once you've organized your thoughts and researched different types of senior living communities, pick a time when you can have a relaxed, in-person conversation with your parents. If they seem reluctant to move, try asking these questions:

1. Do you feel lonely?
2. Is taking care of the house difficult or stressful for you?
3. Do you worry about being safe at home?
4. Does driving make you nervous?

Don't force the issue and really listen to what they have to say. It's their life and their decision.

## Discuss different senior living options

**Independent living** provides many choices for adults who are ready to spend more time doing what they choose and less time maintaining a house and yard. Older adults, aged 55+, move to independent living communities so they can enjoy a carefree retirement and have the vibrant and abundant lifestyle they've always imagined. On-site social events, dining and recreational programs allow your loved ones to focus on living their best lives. When comparing the costs of home ownership, maintenance and healthcare expenses with retirement living options, you may be surprised at how affordable independent living can be.

**Assisted living** could be the right solution if your loved ones are struggling with daily activities. They may enjoy their own comfortable and private living space equipped with safety features and housed in a neighborhood with 24-hour personal care support. A choice of care levels ensures your parents find the right balance of assistance and independence to meet their unique needs.

**Long-term skilled nursing care** offers 24-hour care provided under the supervision of a nursing staff and medical director, helping residents manage chronic conditions in clean, comfortable and caring environments. Consistent staffing, nutritious meals, daily enrichment and a chaplain all contribute to the physical, emotional and spiritual wellness of every skilled nursing resident.

**Memory care** neighborhoods are warm and inviting, staffed with compassionate, trained professionals who understand that no two days are alike. Our care philosophy honors each resident's needs, and our innovative programs help them experience joy, relive treasured memories and communicate in new ways.

At The Chapel Hill Community, a Life Plan Community, all of these living options are available. Our scenic campus is located in a beautiful country setting and is complete with community gardens, walking paths and a pretty pond. It's peaceful yet close to shopping, restaurants and events.



Are you ready to come home to Chapel Hill?  
Call 330.481.5880 to schedule your visit.



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