



# Starting a Discussion on Senior Living Options

You've noticed that your loved one's living arrangements no longer support their health and well-being. But how do you bring up the occasionally difficult subject of senior living?

## INVOLVE FAMILY MEMBERS

Try to meet as a family before you speak to the individual. Listen to each other's questions and concerns without creating stress for your loved one, and together you can agree on the best course of action. Ideally, you will present a consistent message to your loved one.

## FRAME THE CONVERSATION AROUND YOUR CONCERNS

Telling a loved one *"I'm concerned that you aren't taking your medication"* is a much better way to discuss your parent's health than *"You've been forgetting to take your medicine."*

## LET YOUR PARENT BE THE PARENT

Involve your parent in the decision-making process, listening closely to their thoughts and feelings.





## **KEEP AN OPEN DIALOUGE**

Bear in mind you may not reach a consensus after the first talk. Change, and leaving a home full of memories, isn't easy. You may need to revisit the subject several times over a few weeks or months.

It's best for everyone involved if you establish an open, comfortable dialog where the family is involved and feels at ease in discussing and making decisions about senior living options.

For more information on Senior Living Options, call us Lexington Place 386-410-2523 or visit us anytime at [www.LexintonPlaceNSB.com](http://www.LexintonPlaceNSB.com).



## **Love Where You Live with Concordis Senior Living.**

Concordis Senior Living, provides the management services to Lexington Place. We offer a variety of lifestyle and care options rooted in the Concordis Senior Mission and values. Whether you are in need of Independent Living, Assisted Living or Memory Care, Concordis Senior Living has you covered throughout the southeastern states.

Our mission at Concordis Senior Living is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide programs and services that inspire well-being, as well as social, cultural and spiritual independence.

Concordis communities are rich in wellness programs, meaningful experiences and educational opportunities. Our communities allow residents to connect with those who share their interests and cherished traditions. Our goal is to provide residents with an



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active, worry-free lifestyle filled with ways to socialize with others, pursue their passions and be engaged in everyday life.

**To learn more about Concordis Senior Living's unparalleled lifestyle and community management services, visit us at [www.ConcordisSeniorLiving.com](http://www.ConcordisSeniorLiving.com).**



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