

Common Obstacles Felt When Thinking About Senior Living

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When a loved one can no longer live on their own, that can bring up a lot of emotions and uncertainty for everyone involved. Let's talk through some of the common obstacles you may feel during this time. You are not alone in feeling this way – and your feelings are valid!

1. Guilt as a spouse or family member that you are failing them
 - a. It's easy to feel that you are letting down your loved one by moving them into a senior living community. You promised to take care of them, and it can feel like you are giving up. Remember that this is you taking care of them! In a senior living community, they will be surrounded by around the clock care takers, other retirees to bond with, tons of activities, and more amenities. After a few days, you'll see how much happier and healthier they are at Edencrest.
2. Sadness for leaving your family home
 - a. A home can hold a lot of memories! It can be hard to let go of the place that means so much to you and your family. While it's sad to let go, remember that the memories don't go with it. Those will forever live on in your heart. Think of the memories you have of the house and all the future ones to come by whichever family moves in next.
3. Burn out as a caregiver
 - a. Taking care of a senior can be a lot of work, mentally, physically, and timely. It can take a toll on you, especially if you are taking care of your loved one on your own. It's important to take care of yourself too and recognize when you are spread to thin.
At Edencrest, there is a whole team of care givers to make sure our residents are well cared for and to support one another. We understand how hard being a caregiver can be, which is why we prioritize the wellbeing of our team.
4. Betrayal for when you promised to never put them in a home – but then they need it
 - a. Many people promise their loved ones that they will never put them in a senior living community. However, no one can predict when they need extra help and shouldn't be living on their own. Remember that promises can

change, especially when it comes to what is best for your loved one. Once they realize how much better their life is at Edencrest, they won't even remember the promise from all those years ago!

We understand that this is an emotional decision for everyone involved. You are just trying to do what is best for everyone involved and make sure your loved one will be taken care of.

At Edencrest, all our leases are month to month. Which means that if at any time you don't feel like it's the right fit, you don't have to worry about breaking a lease. You can simply communicate that to your community's executive director without any penalty or negotiation.

Plus, this month our special is running a 30-day satisfaction guarantee – if after 30 days Edencrest doesn't feel like the best fit, we will pay for your loved one's move expenses. We think you'll love being at Edencrest, but this way you can try us risk free. Connect with our sales team to learn more about this limited time promotion.

At the end of the day, we believe Edencrest will be a great place for your whole family – your loved one will be well taken care of, surrounded by those trained to help them 24/7 and you will all have peace of mind that they can thrive and be safe. Plus, family members get to have fun at our communities too when they visit!

Don't let yourself get bogged down with these feelings and how serious this decision is. We're here to help you work through them and find the best solution for your loved one. Let's connect on how we can help you today!