

How to Help Parents Who Aren't Ready to Move?

Navigating the delicate conversation about transitioning aging parents into a senior living community can be challenging, especially when they resist the idea. Understanding their perspective and approaching the topic with empathy and respect is crucial. Here are some expert strategies to facilitate this important discussion:



1. **Initiate Early and Respectful Conversations** Begin the dialogue about senior living options before a crisis necessitates immediate action. Engaging in open discussions early allows your parents to express their preferences and concerns, fostering a sense of collaboration. Approach these conversations with empathy, ensuring they feel heard and respected. As highlighted by A Place for Mom, it's essential to bring respect, empathy, and patience to the conversation.
2. **Understand Their Reluctance** Recognize that resistance may stem from fears of losing independence, unfamiliarity with senior living communities, or past misconceptions. By identifying these concerns, you can address them directly and provide reassurance. As noted by Open Systems Healthcare, understanding the reasons behind your parent's refusal is crucial in approaching the conversation with empathy and respect.
3. **Highlight the Benefits of Senior Living** Emphasize the positive aspects of transitioning to a senior living community, such as increased social engagement, safety, and access to healthcare. For instance, Edencrest communities offer:
 - a. **Personalized Care Plans:** Tailored assistance ensures residents receive the support they need while maintaining their independence.
 - b. **Engaging Social Activities:** A variety of programs and events promote socialization and mental stimulation, enhancing overall well-being.
 - i. **Don't believe us?** Longtime couple Emily & Larry W. say, *"We love the events and can choose those we enjoy participating in. They have a variety of musical entertainment that comes each month. As we gather for our meals, we feel like we're at a large family gathering."*
 - c. **Comfortable Living Environments:** Designed with seniors in mind, Edencrest provides safe and comfortable accommodations that feel like home. Whether that's independent or assisted living, or memory care, each home is tailored differently.

By choosing Edencrest Living, seniors don't just find a place to live—they find a community that supports active, healthy aging. Visit [Edencrest Living](#) to learn how we create an environment where every resident can stay strong, independent, and engaged for years to come.

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4. Involve Them in the Decision-Making Process Empower your parents by involving them in tours of potential communities, meetings with staff, and discussions about daily life in these settings. This inclusion can alleviate fears and foster a sense of control over their future. As suggested by Senior Lifestyle, initiating the conversation with empathy and understanding is key.

- a. In many cases, a simple, unpressured tour can do wonders for someone to lightly experience what a community offers. **This was the case for a recent visit from Laura P. and her parents:**

*"I had tried to convince my parents to move from their home in rural Iowa to Des Moines for several years, **but they resisted**. Over Thanksgiving, I 'forced' them to take a tour of Edencrest Timberline and they loved it! They moved in December **and are absolutely thriving in their new environment**. They especially love the food! I feel much more at peace knowing they are in a safe and supportive environment. Highly recommend a tour to anyone considering Edencrest!"*

5. Seek External Support Sometimes, hearing from healthcare professionals or peers can provide a different perspective that resonates. Consider arranging meetings with doctors, counselors, or friends who have positive experiences with senior living communities. As noted by ARAG Legal, understanding their motivation and considering their perspective is important.

- a. In many ways, referrals from your most trusted sources can serve as a great starting point. In the case of **Mary and her elderly mother who needed continued comfort care in her final days, this was a deciding factor:** *"In a tumultuous journey for our family, Edencrest at Timberline helped us find comfort, faith, and confidence in selecting a final home for Mom as she needed memory care and hospice. The memory unit and care provided was excellent. Edencrest met our needs while also providing **counsel and expertise** for the care plan. Care was provided 24/7."*

6. Be Patient and Prepared for Multiple Discussions Changing long-held perceptions takes time. Be patient and ready to have several conversations, allowing your parents to process the information and arrive at a decision comfortably. As emphasized by Bethesda Health, it's important to understand the sources of stubbornness in seniors and look for ways to open lines of communication and cooperation.

Unsure where to start? [We suggest our Lunch Tour!](#) Come enjoy a specially curated meal from our Culinary Team and then decide how and where you want to tour our community!

Approaching this sensitive topic with compassion and understanding can facilitate a smoother transition, ensuring your parents' safety, health, and happiness in a supportive environment.

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