

## TIPS FOR MOVING A RESISTANT PARENT



You've realized that your parent/loved one needs to move quickly into assisted living but commend they not only refuse—they are angry. Whether they have lost a spouse, have deteriorating health, or are severely isolated, the time to move them is now. Resistance and possibly anger are inevitable but with some guidance and helpful suggestions, it can be accomplished on time.

**CREATE A TIMELINE** – While you need to be patient, creating a realistic timeframe is integral to making this work. Discuss with siblings, if relevant, or any other family members that will participate in helping see this through.

**DISCUSS** – Be transparent about the need for a change. Explain why this needs to happen quickly and how it will alleviate stress and anxiety for you and the family. Discuss the benefits of living in a community. Focus on how it will impact their lives positively with the addition of new friends, socialization, and programming. While we know it isn't easy, someone may have to elect to be the "bad guy" to say the move is for them and not doing this to them. It could also be set up as a temporary placement for respite or a short term stay. This approach may lessen the anger and resistance.

**VISIT COMMUNITIES** – If you have not begun, start looking at communities. Do the initial research yourself and narrow it to two choices. Relay details about your loved one to the teams at the final communities – needs, desires, preferences, objections, hobbies, and food preferences. Arrange a visit for a personalized experience. Afterward, sit down and go through the pros and cons and the idea of moving overall.

**UTILIZE YOUR "VILLAGE"** – Involve close friends and family in the reasons for the move. Be sure they know your loved one's objections and how they can help support the benefits. Discuss the hurdles you are facing.

**BE PATIENT** – Setbacks will occur but follow the timeline. Validate their concerns and help them overcome objections. Redirect with positive reinforcement about the benefits of a move and keep them involved in the decision.

**COMMUNITY BACKUP** – The team at the community you've chosen is there to help with the transition. Utilize them to help things run more smoothly. Even after the move, there will be setbacks. Prepare yourself and your extended support group that the transition may take 3-6 months in order to see positive changes and your loved one thriving.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)

**Connecticut:** Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

**Massachusetts:** Brewster, Weston, West Yarmouth

**New Jersey:** Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

