

Starting the Conversation: Navigating Senior Care Decisions with Your Loved One

Caring for someone you love can sometimes bring unexpected challenges. This guide is here to help you approach conversations with compassion and clarity when considering additional support or services.



Why This Conversation Matters

- Emotional well-being: These discussions can relieve worry and strengthen your bond through shared understanding.
- Early intervention: Recognizing challenges early enables access to the help your loved one may need—before complications grow.
- Preserve safety and independence: Support can foster both personal autonomy and a safer living environment.

How to Prepare

- Reflect on your goals: What do you hope to achieve? Is your priority safety, companionship, or daily help?
- Understand current options: Learn about available services—whether it's home care, assisted living, in-home health, or community resources—to have informed suggestions ready.
- Practice empathy: Rehearse potential responses and validate their feelings. Respect, reassurance, and listening go a long way.

Tips for Having the Conversation

- Choose the right moment: Select a calm, uninterrupted time.
- Use "I" statements: For example, "I've noticed you've had trouble preparing meals lately, and I'm concerned."

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- Acknowledge autonomy: Use language like “I want us to explore what may help you feel safer,” rather than making decisions for them.
- Suggest solutions gently: “It might help to have someone visit a few times a week to assist with meals or errands. I can help you explore options.”
- Plan together: Invite them to be part of the decision-making process.
- Listen attentively: Allow space for emotions—whether that’s resistance, sadness, or relief—and respond with patience and reassurance.

If They Say “Not Now”

- Respect their pace: Let them know you're there when they're ready.
- Revisit gently: Say, “I’m still concerned and would like to discuss this whenever you’re comfortable.”
- Offer smaller steps: Start with simple actions: “What if someone just came once a week to help with chores?”

When They Say “Yes”

- Celebrate the decision: Acknowledge that this is a brave and positive step.
- Research together: Look into services as a team—be it home care, community programs, or consultations.
- Set a plan: Outline next steps and timelines clearly.
- Continue support: Be present throughout the transition to reduce anxiety or overwhelm.

Additional Resources

- Consult your Covenant Living Community Navigator for tailored guidance.
- Explore our Covenant Learning Resource Portal for downloads, checklists, and videos.
- Consider referral to trusted professionals—social workers, elder care advisors, or healthcare providers—for personalized recommendations.

Initiating these conversations can feel daunting—but with preparation, patience, and empathy, you can pave a path toward meaningful support while honoring your loved one’s dignity and autonomy.

When you’re ready to explore your senior living options, visit [our website](#) or contact us today. We’re here to help guide you and your loved one every step of the way

Learn more about our family of communities by visiting [CovLiving.org](#)