



IS IT TIME TO HAVE “THE TALK” WITH YOUR PARENTS?

If you're nervous about suggesting a senior living community to your loved one, you're not alone. Erickson Living® communities have helped many families just like yours have successful conversations about this challenging topic.

Honesty is the best policy. Be truthful about your feelings and encourage your loved one to do the same. It is only through open, honest discussion that you'll come to the best decision.

Empathize with other decision makers. Before starting the conversation, take time to consider how your loved one and other members of your family may feel. Pick a quiet, stress-free place to talk and allow adequate time for the discussion.

Listen. Once you've introduced the topic of senior living to your loved one and shared your initial thoughts, stop talking and start listening. Resist becoming defensive or feeling attacked. Stay calm, be patient, and keep an open mind about all viewpoints.

Prepare in advance. Jot down the key points you wish to make so the conversation stays on track. And be sure to have information immediately at hand, as your loved one will have questions. Your preparations will ease concerns and help build confidence in the decision.

THE RESOURCE YOU CAN TRUST

Erickson Living,® is a national network of continuing care retirement communities with a 30-year track record of superior senior health care outcomes. Our communities offer vibrant independent living as well as multiple levels of care.

MORE HELP IS JUST A CLICK AWAY.

If you have other questions or just need some helpful advice, we're here for you. Visit [EricksonLiving.com](https://www.EricksonLiving.com) to find the community closest to you.



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