



Moving a parent from their home into senior living is about much more than what to pack.

We share some tips for embracing this fresh opportunity, for everyone.

Inside the Five Star Senior Living "A Daughter's Guide to Transitioning Your Parent to Senior Living" eBook you will find information on how to lessen the stress associated with transitioning your parent to Senior Living.



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A DAUGHTER'S GUIDE TO TRANSITIONING YOUR PARENT TO SENIOR LIVING



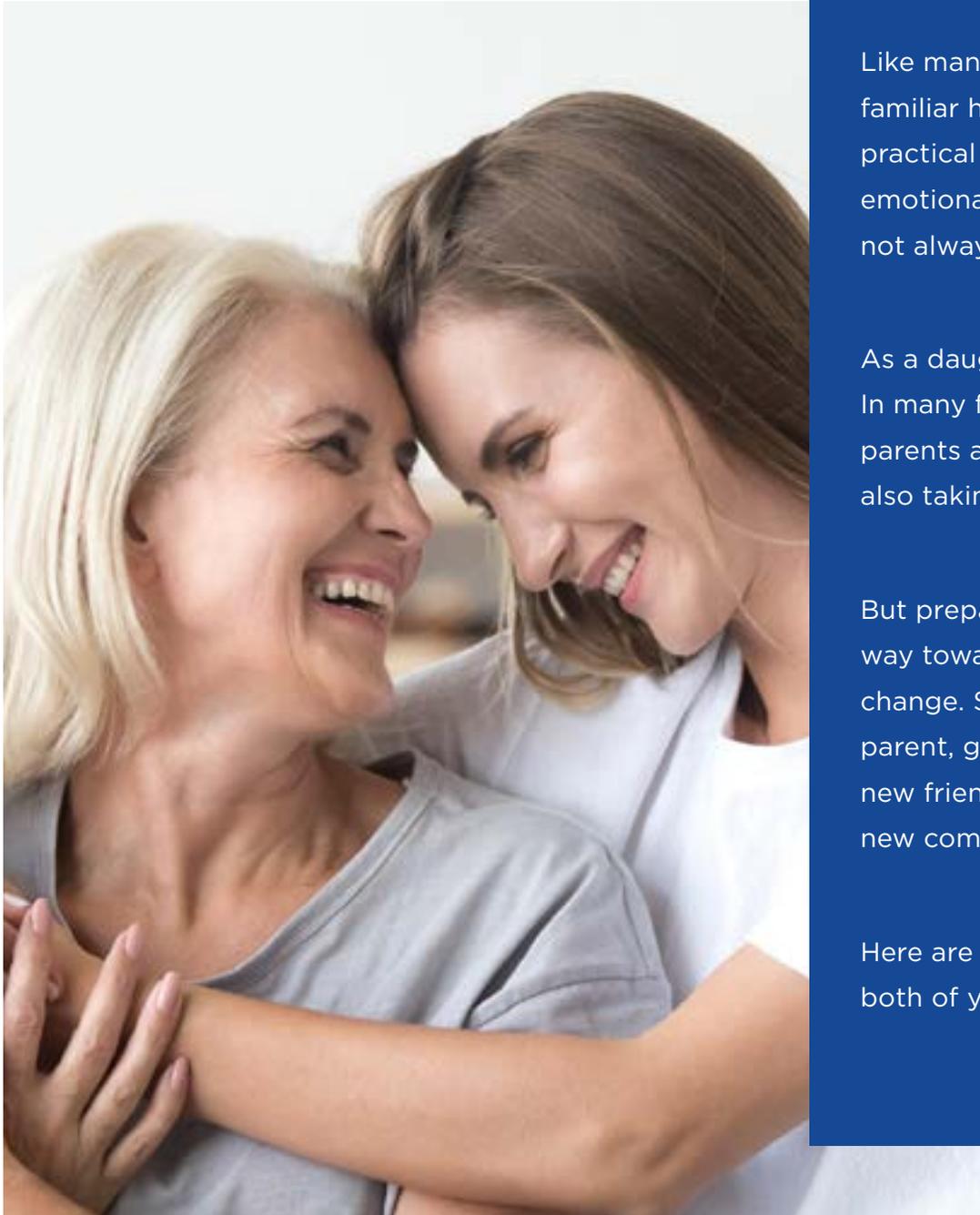
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Like many major transitions in life, moving a parent from a familiar home into senior living is about much more than the practical details about what to pack. There's a significant emotional component for both you and your parent, and it's not always easy or smooth to take that next step.

As a daughter, you may feel the shift in responsibility the most. In many families, daughters take on the role of caregivers as parents age, and this can feel challenging, especially if you're also taking care of your own children.

But preparation and knowing what to expect can go a long way toward not only easing worries but also celebrating this change. Senior living can be a wonderful transition for your parent, giving them a chance to explore new activities, make new friends, pursue intellectual interests, and thrive in their new communities.

Here are some tips for embracing this fresh opportunity, for both of you:

1. KNOW YOUR OPTIONS



The days of cookie-cutter retirement homes are over. Senior living has evolved into a breadth of options when it comes to communities. When you're considering the transition, here are some factors to keep in mind as you're doing your research:

- Care needs: What type of care does your parent need now, and in the near future? That might involve skilled nursing services, or it may just be regular housekeeping. Do they need memory care?
- Geography: Does your parent want to be close to family, especially you, so you can stop in regularly? If you don't live near each other, your parent may find it more important to be close to familiar surroundings and their regular doctors rather than move to a new area.
- Activities: What hobbies and interests does your parent have, or has always wanted to explore? Senior living can boast an exciting array of options, and looking at those choices is one of the best ways to feel excited about the transition.

Finding the right fit can take time and effort, but it's worth it. When a parent looks forward to the move, it can feel easier for you, too.



2. KEEP THE CONVERSATION FLOWING



Ideally, you and your parent should be making this choice together. Even though you, as a daughter, might be in charge of most of the arrangements, your parent will appreciate a sense of independence and control about the transition. That means you need to keep the communication going strong and talk honestly with each other about both negative and positive emotions since that can help in the transition process.

For example, your parent might be looking forward to the benefits of senior living—like a chance to participate in their favorite activities and the relief of not doing housework and lawn care anymore—but still feel a level of sadness or grief about leaving a beloved home behind. That’s completely normal.

Downplaying those feelings by emphasizing only the happy ones makes it harder to work through those difficult emotions. Be supportive and understanding, while still guiding the conversation in productive ways.

Be honest about your feelings, too. Many daughters feel conflicted about having to take on more responsibility or may feel anxious about making the “wrong choice” when it comes to care needs. Talking it all through with your parent can help ease those concerns.

Don’t forget to talk about the good stuff, too! It’s also natural to feel excitement about the possibilities ahead. End a conversation or visit on an upbeat note, feeling a sense of forward momentum.

3. PLAN THE LITTLE THINGS



Transitioning to senior living can feel like a very big deal, because it is. To reduce that sense of a potentially overwhelming change, talk about the “little things” and plan them out in advance. This can include:

- Décor arrangements: What photos will go on the wall? Where will that favorite chair fit? Which cupboard should the dishes go in? Even if you don’t know the exact floorplan yet, these small details are fun to discuss and can provide a feeling of excitement.
- Activity planning: Take a look at the schedule for your parent’s community. Is there a movie night coming up? What about groups or excursions to join? Take the focus off the actual moving day by looking ahead at what your parent can do once they’re settled in.
- Menu options: Similar to looking at activities, glance at the types of meals coming up, if that’s available. Chat about whether you need to speak with the community team members about special dietary needs, and have that done in advance before the first meal in your parent’s new home.



3. PLAN THE LITTLE THINGS (CONT.)



- Your first visit: If possible, choose a date now, before the move even happens. Maybe you can schedule a few visits in advance, even if you'll be stopping in frequently.

Details like these, especially if your parent is making the decisions, can bring a sense of familiarity and comfort during a transition. Deciding which photo will go on the nightstand may seem like a tiny consideration, but it can have a big impact on helping your parent settle into their new home.



4. GET READY FOR THE MOVE



Have a folder or box and keep everything in one place, including care plans and appointment schedules from physicians for upcoming months, contact information for team members at the new community, and perhaps even notes about how your parent is feeling as the move gets closer.

Also, include to-do lists about what to bring and what needs to be purchased in advance. Gather legal documents, such as a will, insurance policies, and a durable power of attorney. Make note of which possessions have been donated or given to family members, in case your parent forgets that info later and wonders where a certain item might be.

Talk with the community's advisor about what can be done in advance to make the transition easier. You may be able to go to your parent's new home a few days ahead and bring some items then, so your parent isn't walking into an empty room. Ask about what usually happens on moving day, and what to expect.

If possible, plan on spending at least one night with your parent in their new home. The transition will likely feel major for both of you, and being able to sit and talk after all the busy action of the move will help close the day on a positive note.





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Resident Jumps Out of Plane for 95th Birthday, Takes Executive Director with Him



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What's the best way to celebrate your 95th birthday? Jumping out of a plane, of course. At least, that's what Remington Club resident Joel Halpern would say. Halpern, who turned 95 last year, celebrated the occasion not with cake and ice cream but by skydiving (yes, skydiving!) with friend and Executive Director of The Remington Club Kristen Karnaghan.

"It was quite an experience," Halpern said of his jump. Harnessed to a tandem instructor, he free fell for a mile and a half before the chute deployed around 5,000 feet and he floated to Earth. Back on solid ground, staff and residents of The Remington Club — a flagship Five Star Senior Living community in Rancho Bernardo, California — cheered him on, along with members of Joel's family.

"It was the talk of the community for a while," said Karnaghan. The Remington Club provided a bus for residents who wanted to cheer on their adventurous friend. "What a way to celebrate a milestone birthday!"

What would inspire a nonagenarian to take such a leap? "One of my sons-in-law had been in the service as a paratrooper and we often spoke about it," Halpern said. "He said, 'You'll never do it!' so it was sort of a challenge."

The skydive was not so shocking to anyone that knows Halpern. He's always loved a challenge and never gave up his taste for athletics and adventure. Back in his day, he used to have "a pretty mean backhand" in ping-pong, which he still plays today in The Remington Club's game room.

Karnaghan, too, has a long list of adventures she has been embarking upon. Recently, she went cage diving with great white sharks off the coast of South Africa — which she says was scary but not as scary as seeing elephants up close from a Jeep.

This wasn't the first adventure Halpern and Karnaghan tackled together. Six years ago, they did a charity walk in support of multiple sclerosis research.

Their adrenaline-fueled pairing is just one example of the many friendships between residents and staff at The Remington Club. With more than 300 team members to the 400 residents in their care, the staff of this continuing care retirement community (CCRC) makes building lasting personal relationships a priority. "That's why we're here," Karnaghan says. "We take pride in the longevity of our team members. Eighty-four current employees have a tenure of 10 years or more at The Remington Club." Within this thriving community, intergenerational friendships aren't the exception — they're the norm.

With his 96th birthday right around the corner, Halpern says he'll probably keep his feet on the ground this year, though he's still going on recreational and charity walks and striking fear into the hearts of his opponents at the ping-pong table. As for his memories of the jump? "It was well worth it!"

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