



**CHARTwell**  
retirement residences



# SUPPORTING A LOVED ONE

MOVING TO A  
RETIREMENT COMMUNITY



# CONTENTS

- 03** Introduction: Knowing when it's time to consider more support
- 05** Talking to your loved one
- 07** Choosing the right level of support
- 10** Summary



## INTRODUCTION

Deciding whether a retirement residence is right for your loved one at their stage in retirement can be an emotional experience for everyone involved. Taking care of an aging parent can be both an emotionally and physically demanding task, especially when work, a personal life and your own health are added to the mix. Inevitably, there comes a time when you need to decide what's best for everyone involved, and sometimes that entails considering the topic of retirement living for a loved one.

Researching and prioritizing when and where a parent's needs will be best met can help ensure that he or she is receiving the emotional, physical and social benefits needed for a happy and healthy lifestyle. Retirement communities provide peace of mind for adult children and their parents alike, with amenities and services that enhance an older adult's day-to-day well-being, social engagement, comfort and independence. Additionally, there is a wide variety of retirement communities to choose from, ranging from residences that promote active and independent living, to those that offer the ability to add wellness support as needs change without the need for a move.



# KNOWING WHEN IT'S TIME TO CONSIDER MORE SUPPORT

Just as needs vary by individual, there is no definitive time to consider senior living for your loved one, but there are a number of signs to watch for when deciding if a retirement living community might be a solution. As parents grow older, adult children frequently step into the caregiver role, helping to manage daily living tasks such as buying groceries, medical appointments and household maintenance. Often, this evolves into also providing support for a loved one's physical and psychological needs. However, these new responsibilities can be difficult to fit into an already busy life, creating the stressful feeling of juggling multiple time demands.

In a study conducted by Chartwell, 47% of adult children who were responsible for assisting with the day-to-day needs of

their parents reported that without extra support, the added responsibilities were a significant source of stress. Adults within the "Sandwich Generation," often defined as those who are responsible for caring for both younger and older family members, are at risk for a number of health factors, including exhaustion, feelings of guilt, irritability and depression. Additionally, family tensions may arise if someone has to take on new responsibilities. No matter what, adult children who are experiencing emotional, financial or physical stress due to the added care of a loved one should not feel guilty when considering retirement living options for loved ones. Instead, they should realize that there are solutions to help bring peace of mind both to themselves as well as to a loved one, who may not be able to manage on their own.

Health concerns are the number-one reason that adult children begin searching for retirement options for their parents, according to Chartwell's recent research study. Common signs that retirement living might be an appropriate solution included changes in home maintenance habits, increased confusion, unpaid bills, medication mix-ups or the desire for more regular socialization. Other important factors included feeling that parents needed additional care, and concern that a senior might not be all right living on his or her own without daily support.

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## TALKING TO YOUR LOVED ONE

If you've decided that your loved one may be suited for retirement living, you may find starting the conversation tricky. Before beginning, be sure to set aside plenty of time for the discussion. Consider including other family members to make your parent feel safer, but be sure to remain respectful of him or her, and be sure to confirm that all final decisions will be theirs. Presenting research, recommendations and options is essential, but not during the preliminary conversation. You do not want your loved one to feel overwhelmed or like you've determined the outcome for them. Reiterate that the process is about him or her, and be sure to keep the conversation and any decisions inclusive. Assure him or her that they are the most important part of the process, so their feelings and wishes will be accommodated.



Your parent may have a number of questions or concerns about moving, which you should attempt to address during this time. Asking open-ended questions allows your loved one to explain their feelings and desires for the future, such as searching for a community with events and activities that reflect their personal preferences, or one that can assist with daily needs. Additionally, encourage your loved one to ask questions, and be sure to actively listen to any concerns. Common reservations include anxiety about moving, fear of losing independence, not knowing any people in a new location and concern about leaving the family home. However, these fears can be addressed by assuring your parent that senior living communities offer a range of activities to acclimate new residents, social events to promote friendships, personal support that promotes discretion and independence, and a lifestyle based on convenience, choice and flexibility.

You may find financial concerns are holding back your parent as they consider retirement living. Budgeting is essential when planning for the future, so assure your loved one that they will have your support in seeking clarity and transparency on the costs of retirement living. You may consider

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engaging a professional financial advisor together so your loved one has assurance as to how far their money will go in supporting a worry-free lifestyle in a retirement community.



# CHOOSING THE RIGHT LEVEL OF SUPPORT

When you and your loved one begin your search process, consider which senior living option may be best suited to meet their needs. Here are some of the lifestyle options offered at Chartwell residences:



## INDEPENDENT LIVING

Ideal for active older adults who want to hand over the maintenance of their home, independent living accommodations vary from senior apartments or suites in a retirement community to townhomes, cottages and bungalows. Services may include 24-hour security, housekeeping, access to leisure opportunities and outings, and the availability of à la carte dining options for an additional fee.



## INDEPENDENT SUPPORTIVE LIVING

Designed for seniors who are still active and independent and could benefit from some additional support, independent supportive living may include services like delicious meals, housekeeping, leisure opportunities and outings and 24-hour emergency response, as well as access to wellness and support services like medication monitoring and administration.



## ASSISTED LIVING

Our assisted living services are designed to provide individuals who require daily support with a comfortable lifestyle meant to maintain or improve their quality of life. In addition to delicious and nutritious meals, specialized activities and programming, housekeeping and 24-hour emergency response, assisted living residents may receive personalized support with aspects of their daily routine, medication administration, an escort to meals and activities, and much more.



## MEMORY CARE

For seniors living with cognitive impairment, Chartwell offers memory care services meant to help seniors experience a good day, every day. Staff are trained in dementia support and deliver specialized activities and programming in a secure setting of the retirement community.



## LONG TERM CARE

Long term care residences offer seniors with complex medical needs or advanced stages of Alzheimer's or dementia 24-hour nursing care, including assistance with an individual's daily routine and high levels of personal support. Admission and funding is overseen by local government health authorities in each province.

# BENEFITS

**A**lthough there exist many different options from which to choose, the benefits of living in a retirement community are numerous. Each home offers support tailored to the needs of seniors, but each residence also features amenities, services and activities geared toward making your experience an enjoyable one. Chartwell offers signature programs that target six dimensions of health: physical, emotional, intellectual, social, vocational and spiritual. Activities co-ordinated around these wellness principles provide enriching opportunities for residents to stay healthy and active in every way. In addition to recreational programs and outings, retirement residences generally offer 24-hour availability of staff, privacy, security, dining, laundry and housekeeping services. Thanks to these services, you can live with peace of mind, knowing that your parents are respectfully attended to by trained and caring staff.

Most people interested in senior living options visit three or four locations before making their final decision, according to research conducted by Chartwell. Retirement communities welcome visitors and are open to answering questions concerning services, living accommodations and costs. Touring different places with your loved one not only allows him or her to get a feel for what living in a retirement community may be like, but also provides the opportunity for them to enjoy a meal, participate in an activity or event, and meet residents already living in the community.







*Consider the following checklist when researching the best home to suit your loved one's needs:*

- Explore what type of lifestyle programs are offered
- View living spaces and common rooms
- Discover what kind of food is offered – don't feel shy about asking for a menu or staying for a meal
- Speak to a current resident about his/her experience
- Keep an eye out for the way staff members interact with residents
- Ask for copies of newsletters or company documents
- Inquire about nearby churches, hospitals, shops and parks
- See what types of transportation services are available for booking





**A** final decision may not come for weeks or months after you've begun the search process, but once you and your loved one have narrowed down your options, be sure to weigh carefully the pros and cons of each before choosing. Frequently, involving other family members in the decision process may be helpful. However, the final choice should be collaborative between what you believe will be best for your parent and where they will feel most comfortable.



## SUMMARY

At Chartwell, we are dedicated to delivering the best-quality retirement living for seniors. We strive to provide you and your family members with the peace of mind you deserve knowing your loved one is leading a healthy and happy retirement in a great place to live. Driven by the desire to improve the quality of life for seniors and their loved ones, Chartwell invites anyone considering retirement living to visit any of our locations to learn more about retirement communities.

*Interested in learning more  
about living at Chartwell?*

Call **1-855-461-0685** or visit our website  
at **[chartwell.com](https://www.chartwell.com)** to find a residence.





## NOTES

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