



# CARMEL TERRACE

— ASSISTED LIVING —

## How to start the conversation: When is it time to move to a senior care community?

This can be an emotional conversation, as change is difficult for everyone. However, waiting too long for support can have negative consequences on both the caregiver and loved one. Below are suggestions on how you can ease into a conversation with your loved one about seeking more support from a senior care community.



1. Timing is everything. Make sure that you choose a time and place to have a private, focused conversation without additional stressors around.
2. Discuss how an senior care community can take away the added stress of continuous maintenance of a home—shoveling the walk, mowing the lawn, changing the lightbulbs, cleaning the floors.
3. Illustrate how their life can be easier, how they can get back to the things they enjoy doing—attending church services, playing cards with friends, etc.
4. If you are not in the immediate area of your loved one, having a qualified caregiver available to them 24/7 in times of medical emergencies or care concerns is important.
5. Ask if any of their friends have made a move to a senior care community. How are they doing?
6. Talk about expenses—do they have any savings, long-term care insurance plans etc., that you should know about so you can help them plan when looking for senior care?
7. Ask if they have any preferences on communities they would like to move to?  
What is important to your loved one when making a move?

### About Carmel Terrace

Carmel Terrace in Framingham, MA is committed to promoting a lifestyle of independence while providing support to you or a loved one. Our services include independent living, assisted living, and short-term/respite care, and our community offers daily opportunities and first-class dining so residents and family members can feel peace of mind. Carmel Terrace's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 508.788.8000 or visit: [www.carmelterrace.org](http://www.carmelterrace.org)  
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