

Transitioning Your Parent from Home to an Assisted Living Community

August 2011

The decision to move aging loved ones into an assisted living community is often a difficult one. For example, when family members come to us here at The Beverly Hills Carmel, they are often torn between knowing what is best for their aging parents, and wanting their parents to make the ultimate decision to move. “It’s never an easy decision for a senior or their adult children to move from a life at home to life in a senior community,” says Michael Lowenstam, Executive Director at Beverly Hills Carmel North. Feelings of guilt or failure are not uncommon and can accompany the transition to this new model of living. While such feelings can be uncomfortable, the decision to move is often unavoidable. “A child or spouse can’t usually convince someone to leave their home voluntarily, said Eldon Teper, Executive Director of the Rehabilitation Centre of Beverly Hills. “Unfortunately, it’s a decision the aging senior will not make for themselves.”

However, it’s often the best decision for all involved. “Once a senior and their family discover the advantages to this new way of life, a lot of the anxiety disappears,” Lowenstam continues.

At Beverly Hills Carmel, our residents and family members quickly find that we provide the loving care, peace of mind, and fulfillment that this delicate stage of life requires. “We all have to recognize the realities of a situation or we run the risk of greater discomfort,” says Lowenstam. “Despite our very good intentions, a spouse or adult children often can’t meet the demands of an aging loved one.”

Activities of daily living, such as managing medications, meal preparation, housekeeping, shopping, and bathing dressing and grooming may demand a high level of assistance that exceeds the limits of even the most devoted family members. Home care is often inadequate or unpredictable. At Beverly Hills Carmel, 24–7 staffing gives the ultimate peace of mind to our residents and families. Once the decision is made, all parties usually fare extremely well. In most cases seniors adapt very well to their new environment and friendships, and report high levels of satisfaction and independence.

A successful transition is always helped by being prepared. Don’t wait until a crisis occurs before considering an assisted living community, which may limit the options for your loved one. The staff at Beverly Hills Carmel North and South are trained to help you at every stage of the decision making process. We can assure you, a better life is right around the corner.