

A large elephant is sitting on a pink carpet in a living room. The elephant is the central focus, with its trunk resting on the floor. The room has pink walls, a framed picture of fruit on the wall, and two red and orange striped armchairs. The text "YOU CAN'T KEEP WORKING AROUND IT FOREVER." is overlaid in white, bold, sans-serif font across the middle of the image.

YOU CAN'T KEEP WORKING AROUND IT FOREVER.

Mom doesn't want to leave behind so many memories.

Dad swore he'd never let anyone put him in "a home."

Meanwhile, you're doing more and more – preparing meals, doing laundry, driving to the doctor, getting groceries, filling up the weekly pill organizer – not to mention worrying more and more about their health, safety and well-being.

Something's got to give. You need help.

So, how do you talk with your parent about the elephant in the room?

It's important to talk openly and honestly about a better option for both of you. Inside, you will find advice on discussing the most common issues that come up during this difficult conversation, based on our experience helping thousands of families like yours.

If you need additional support, we're here 24/7/365. Reach out to us any time at [AtriaSeniorLiving.com](https://www.AtriaSeniorLiving.com).



**The conversations most worth having are often the most difficult.
Use this guide to help make it as positive and productive as possible.**

| PARENT | YOU |
|---|---|
| <p>I'm managing just fine here with your help.</p> | <p>You're right, we have been managing. But it's not fine anymore. I've probably done too good a job of disguising just how much I'm doing and what it's taking out of me. We've come to the point where the house has become too much for you to handle by yourself and too much for me to help you with any longer. At Atria, there's a whole staff to help with whatever you need whenever you need it. Besides, there is a big difference between <i>managing</i> – just getting by – and really <i>living</i>.</p> |
| <p>I'm not alone. I have you.</p> | <p>Of course you do, and you always will. But you shouldn't have to depend solely on me for company. At Atria, you can get together with people you have more in common with whenever you like, instead of depending on my schedule. Plus, I really miss spending time with you just being your <i>child</i>, instead of your cook, housekeeper, driver and nurse.</p> |
| <p>Couldn't we just have someone else come in to help me?</p> | <p>We could, and I know that sounds like a good answer. But think about it – you'd still be by yourself most of the time. I hate seeing you cooped up at home when you could be out doing things and seeing people like you used to. Not only that, but the cost of having someone come in to help you, plus all the living expenses you have now, would be about the same or even more than the cost of living at Atria.</p> |
| <p>I feel good most days, and I usually remember to take my medications.</p> | <p>I know you do and I'm grateful for that. But even one missed pill now and then – or one too many – can be dangerous. I want you to keep having good days for a long time. At Atria, someone will discreetly remind you exactly which medications you need to take at what times, whether you need to take them with a meal and all those other important details.</p> |
| <p>Everyone is so old at those places. I don't need <i>that</i> much help.</p> | <p>You're right, you don't. But you're probably thinking of a nursing home – and that's not what Atria is at all. The people who live there just need a little help like you do, and the staff is always discreet about it. You'll have your own apartment, delicious meals and interesting things to look forward to every day. You'll actually be <i>more</i> independent than you are now because you won't have to wait around for me to help you when I can.</p> |
| <p>What if I don't like it?</p> | <p>Then, of course, you don't have to stay. It's a month-to-month rental apartment and you can try it out for a while with no strings attached. But I bet you'll meet neighbors who were just trying it out, too, and ended up wishing they'd moved in a lot sooner.</p> |