



# What Are We Going To Do For Mom and Dad?

## The Decision

**The decision to move from our home of 'many' years is a difficult and very stressful time. For many of today's Seniors, leaving their home means that they will Lose their Independence - and for all of us - that is an issue.**

Moving to an environment like Riverwood Square Retirement offers the opportunity to Enhance Independence and to live life with quality services and support - without the work.

For families the task of "convincing" Mom and Dad is monumental. So how do we address Mom's, Dad's and the family's concerns?

### **Open Heart and Dialogue.**

Listen and understand the fears they have. This is a major change in life and lifestyle. It's a family discussion. You are looking for Mom and Dad's next home. Talk openly and honestly. Consult close family friends, talk to your family doctor or consult your church community.

### **Take a Breath.**

This decision takes time. Be patient. Be open to discussion over a period of time. Approach the conversation gently when they are receptive and relaxed.

### **Be informative.**

Riverwood Square will be their new **home**. Be knowledgeable - know all of the services that Riverwood Square offers. *"It's a cruise ship on land with every service known to senior kind"*.

### **They don't want to be 'helped'.**

*Those are fighting words.* It is important for them to understand that Riverwood Square offers services- and that includes the service of safety. Somebody will respond quickly in an urgent situation.

*"I will lose my freedom. I won't know anyone. I don't want to change my routine."*

*"I want to help but when I'm not there, I need to know you are independent, happy and safe."*



Continue on reverse ►



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### **You want the best for your parents.**

Spending quality family time is very important. The "sandwich generation" is real. Your children and your grandchildren also require your time. Being a caregiver to Mom and Dad is wonderful but at times not feasible. Stress affects your health and well being as well as family members.

### **Have your loved one attend frequent activities and events.**

Attending activities and meetings with other Senior's that live at Riverwood Square will help to alleviate many of their fears.

### **Residents who are not happy - don't have to stay.**

Month to month lease.  
Give it a try for a month or two.

If you are feeling unsure about the best approach, speak with a representative from Riverwood Square Retirement Residence to develop a plan of action or simply to talk.

**204.275.7632**

*"It's the last stop - the last leg of my life."*

*"I'll lose all my money."*

*"I don't want to go to a personal care home."*

*"All the money we've saved is for the children."*

