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MODERN SENIOR LIVING



WHEN BREAKING A PROMISE IS THE RIGHT THING TO DO

Many spouses and adult children can recall a time when they made a promise to their loved one that they would always take care of them, vowing to never move them to a care facility. These promises are often made at the best of times and with the best of intentions. When thinking about the future, it is hard to imagine not being able to do all the things we are capable of today. We cannot forecast what the future will be like if we have a physical change, let alone a diagnosis such as Dementia or Alzheimer's. When realizing caring for a family member at home is no longer realistic, this often results in feelings of immense guilt as the promise made will have to be broken. This guilt often creates an environment that can be detrimental, not only to the senior, but also those trying to care for their needs. There are ways to get the help you need while keeping your promise to always care for your loved one. Considering the following:

EDUCATE YOURSELF ABOUT SENIOR LIVING OPTIONS:

Twenty to thirty years ago the options for senior care were much different. Seniors today often recall experiences with family members or friends who were in less than desirable facilities. In many cases these facilities were depressing, dirty and provided substandard care. Thankfully, senior living options have advanced light years beyond the outdated options of decades ago and they continue to evolve. More regulations are in place to protect our seniors and the rise of new options like assisted living and memory care have brought senior living communities into the 21st century.

REFRAME YOUR PERSPECTIVE:

Rather than taking the position that moving your loved one to a community is doing something "to them", try to consider that this is something you are doing "for them". A senior living community has a whole team of people to do all the jobs you do as a caregiver each day and a whole lot more. Imagine your loved one exercising, socializing, enjoying worship services and daily entertainment in addition to receiving the care they need on a daily basis.

WOULD YOUR LOVED ONE WANT THIS FOR YOU?:

A memory diagnosis or severe physical impairment can often be a game-changer. Most people would never expect a friend or family member to care for them through all of the complex cognitive and physical changes that take place with dementia or other illnesses.

HONESTLY EVALUATE YOUR SITUATION:

If the promises you made in the past are causing you to delay getting the help you need or to feel extreme guilt, ask yourself the following questions:

- Can I provide my loved one with all they need to live a full life (i.e. socialization, cognitive stimulation and physical care)?
- Is my loved one safe at home at all times?
- Can I successfully manage my own responsibilities and my caregiving role?
- Am I taking care of my own physical and emotional needs?
- Will my loved one be cared for if something happens to me first?

If the answer to some or all of these questions is "no", it may be time consider seeking additional resources to help you provide care. If you would like more information, please contact Inspīr Carnegie Hill. Our knowledgeable staff of professionals understands and is here for you throughout the journey.



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