



Moving the Conversation: When It's Time to Talk About Moving

One of the hardest conversations adult children face with aging parents is the talk about moving out of their longtime home. Whether it's for safety, health, or day-to-day support, the idea of leaving a familiar place can be deeply emotional — and often met with resistance.

But just like conversations about driving, this one is about preserving independence and quality of life, not taking it away.

WHEN IS IT TIME TO CONSIDER A MOVE?

Some signs it might be time to consider a transition:

- Frequent falls or close calls at home
- Difficulty managing stairs or basic home upkeep
- Missed medications, appointments, or meals
- Increased isolation or signs of depression
- Memory or cognitive issues affecting daily life

These aren't just inconveniences — they can be safety risks. And they're often a signal that the current living arrangement may no longer be the best fit.

APPROACHING THE CONVERSATION

Start early, before a crisis forces a rushed decision. When possible, include your parent in the process:

- Ask questions: "How are you feeling living here day to day?"
- Express concern, not control: "We want you to be safe and comfortable."
- Offer choices: downsizing, moving in with family, senior apartments, assisted living, or bringing in-home care to extend time at home.

MAKING THE TRANSITION EASIER

- Visit new living options together
- Focus on the benefits: less upkeep, more social life, better access to care
- Give time and space to process grief or fear about the change
- Enlist help from care managers or counselors if the conversation becomes too emotional or stalled



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Leaving a home full of memories is never easy — but with empathy, planning, and support, families can make this life transition feel like a step forward, not a step back.