

# How to Discuss a Nursing Home With Aging Parent:

- 1** Start discussing it early. Before the time arrives when a parent can no longer stay in their home safely, bring up the topic of what should happen “in case”. It won’t come as much of a shock if they know what to expect in advance, and they will have a good, clear mind to express their desires.
- 2** Encourage your parent to have input on the decision. Gather information from different facilities and ask your parent to look them over and give you feedback. When you are discussing this, talk about getting on a waiting list for their favorite facility to ensure they end up where they want to be.
- 3** Talk about money. As hard as it is to bring it up, it’s essential that you prepare for the high cost of nursing care before you need it. Many aging parents do not have the financial assets to pay for the care, but there are other options. Look at “How are our nursing care/ room and board paid for?” in our Frequently Asked Questions section
- 4** Arrange for a family meeting to discuss the distribution of your parent’s belongings. Sadly, nursing homes don’t provide a lot of room for a resident to bring along some of the items that they have collected over a lifetime. Allowing your parent to disperse these treasures to family members can ease the transition for everyone involved.