

## How to start the conversation: When is it time to move to a senior care community?

This can be an emotional conversation, as change is difficult for everyone. However, waiting too long for support can have negative consequences on both the caregiver and loved one. Below are suggestions on how you can ease into a conversation with your loved one about seeking more support from a senior care community.



1. Timing is everything. Make sure that you choose a time and place to have a private, focused conversation without additional stressors around.
2. Discuss how an senior care community can take away the added stress of continuous maintenance of a home—shoveling the walk, mowing the lawn, changing the lightbulbs, cleaning the floors.
3. Illustrate how their life can be easier, how they can get back to the things they enjoy doing—attending church services, playing cards with friends, etc.
4. If you are not in the immediate area of your loved one, having a qualified caregiver available to them 24/7 in times of medical emergencies or care concerns is important.
5. Ask if any of their friends have made a move to a senior care community. How are they doing?
6. Talk about expenses—do they have any savings, long-term care insurance plans etc., that you should know about so you can help them plan when looking for senior care?
7. Ask if they have any preferences on communities they would like to move to?  
What is important to your loved one when making a move?

### About Lourdes Noreen McKeen

Lourdes Noreen McKeen in West Palm Beach, FL is committed to providing compassionate care that encompasses their physical, social, psychological, emotional, and spiritual needs. Our services include independent living, assisted living, skilled nursing, and rehabilitation, and our community offers nearby shopping and entertainment, wonderful and nutritious dining options, and a multitude of classes and opportunities to socialize. Lourdes Noreen McKeen's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.

## Independent Living – What is independent living?

Independent living is tailored to the individual who is looking for a lifestyle like their current one with less maintenance. House chores are a thing of past with this new style of living. You or a loved one has more time to pursue hobbies and be social.

1. What health care services are provided on campus?
2. What amenities and activities are offered? Weekly cleaning? Laundry?
3. What happens when I need additional services?
4. What are my options for apartments?
5. What is the cost of your community?
6. How does the facility communicate with families about a resident's well-being?
7. Do apartments have full kitchens? Is there a central dining room?

## Skilled Nursing – What is skilled nursing?

Skilled nursing is when an individual requires 24/7 assistance, including care each day that must be performed by a licensed nurse. A skilled nursing community can offer a range of medical care services.

1. What medical care options do you offer?
2. How much input does a loved one have on the care being received?
3. What is the cost of skilled nursing? What insurances are accepted? Are private rooms available?
4. What will a typical day of care entail?
5. What is the visitation policy?
6. What is the ratio of staff to residents during the day/night?
7. How does the facility communicate with families about a resident's well-being?
8. What activities and amenities are available?
9. What is the CMS 5-Star rating?

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To learn more or schedule a tour, call 561.655.8544 or visit: [www.lourdesmckeen.org](http://www.lourdesmckeen.org)  
315 South Flagler Drive  
West Palm Beach, FL 33401