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How to Talk to an Aging Parent About Care

A free homeowner guide from seniorcenter.id

Starting the Conversation

Do this

- ☐ Start with questions about their own concerns and preferences
- ☐ Choose a calm, private moment — not during a crisis
- ☐ Bring them along to tour communities when possible

Expect this

- ☐ This is rarely a single conversation
- ☐ Loop in siblings or family early to stay aligned
- ☐ Some pushback is normal — stay patient

Understanding Care Levels

Independent & Assisted

- ☐ Independent: community + reduced home maintenance, largely self-sufficient
- ☐ Assisted: regular help with meals, medication, bathing

Memory Care

- ☐ Specialized staff training for dementia care
- ☐ Secured environment to prevent wandering
- ☐ Structured routines to reduce resident anxiety

What Care Really Costs

General ranges

- ☐ In-home care: often the lower-cost entry point
- ☐ Assisted living: mid-range, reflects daily support level
- ☐ Memory care: typically the highest cost, due to specialized staffing

Before you commit

- ☐ Regional cost of living matters a lot — get local quotes
- ☐ Ask for full pricing breakdown, not just a base rate

Not sure what level of care is right?

Get a clear, judgment-free AI care recommendation in 60 seconds at seniorcenter.id, and connect with trusted local care options.

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