

“For Boomers Only”

Identifying the Issues

In our ongoing effort to help our “Baby Boomer” clients deal with the transitional issues associated with aging parents, Parc Communities is dedicated to sharing its experience in a broad spectrum of matters. As usual, we will always refer to your loved one as “Mom” even though we know that you may very well be inquiring about your Dad. This month’s “For Boomer’s Only” is dedicated to a question that is posed to us virtually every day. That question is along the following lines:

“My siblings and I are certain that the Parc Communities lifestyle is exactly what Mom needs. Unfortunately, she is very set in her ways. How do we persuade her that moving to a Parc Community is the right thing to do?”

The answer to this question is always the same, “**We don’t exactly know.**” What we do know is that the “persuasion” is a process which varies dramatically from one situation to another. We also know that every Parc Communities resident has ultimately made the decision to join our community because of one or more of the following lifestyle challenges:

1. **Security** – ***“Living alone has become scary.”***

Even though not having someone to respond to a fall or a medical emergency is their primary concern, many seniors begin to visualize themselves as victims of home invasions, robberies, etc. even if they live in a comparatively safe setting. The anxiety caused by these fears is extremely detrimental to your Mom’s well being.

2. **Maintenance** – ***“Taking care of the home is simply too much.”***

Whether or not there is someone available for maid service, lawn maintenance, food preparation, etc., the burden of managing these matters becomes overwhelming. Once again, the cumulative effect of dealing with everyday matters can pose an overwhelming anxiety for your loved one.

3. **Dining** – ***“It’s too much of a hassle to cook a decent meal just for myself and I don’t feel like going out.”***

If this attitude is an occasional one, there is nothing to fear. When it becomes the norm, your family definitely needs to consider an alternative for your Mom. Poor nutrition is one of the leading causes of physical and psychological problems in aging adults.

4. **Socialization** – ***“I don’t have anything to do. My friends have all passed away. All I do is watch television. The kids live too far away.”***

All of these are strong indications that your Mom needs to get socially involved. Her interaction with others is essential for her well being. A shut-in or reclusive mindset is a surefire prescription for disaster.

5. **Exercise** – *“I never get any exercise. I am going to start walking or join a water aerobics class. I am always tired.”*

Regardless of your particular situation, if your Mom is becoming sedentary, she is knocking years off of her life. Even if she is suffering from a chronic problem related to mobility or other skeletal functions, she can benefit from regular physical activity.

Oftentimes, our residents have had challenges with a number of the aforementioned issues. Our advice to our “Boomer” clients is to listen carefully to the subtle things that your parent is telling you. Each time you hear mention of one or more of these items, remind your Mom that there is a convenient solution. When the time arrives, an accumulation of challenges will make the Parc lifestyle her logical choice.

Always remember: ***The ultimate choice must be your Mom’s.*** You and your family can discreetly lay the foundation, but she must truly want to make the change if she is going to be happy in a Parc community.

In some circumstances, this entire process can happen in a matter of weeks; in others, it may take months or years. Our hope is that you and your family will be sold on the many benefits of a Parc lifestyle so that you, in turn, may subtly encourage the decision. If you are able to accelerate the process, your Mom may have the added benefit of being able to select from a wide variety of locations and floor plans within the community that is most convenient for your family.

Please do not hesitate to give us a call or log on to www.parccommunities.com if you have any questions or if you would like to have your name removed from this mailing list.