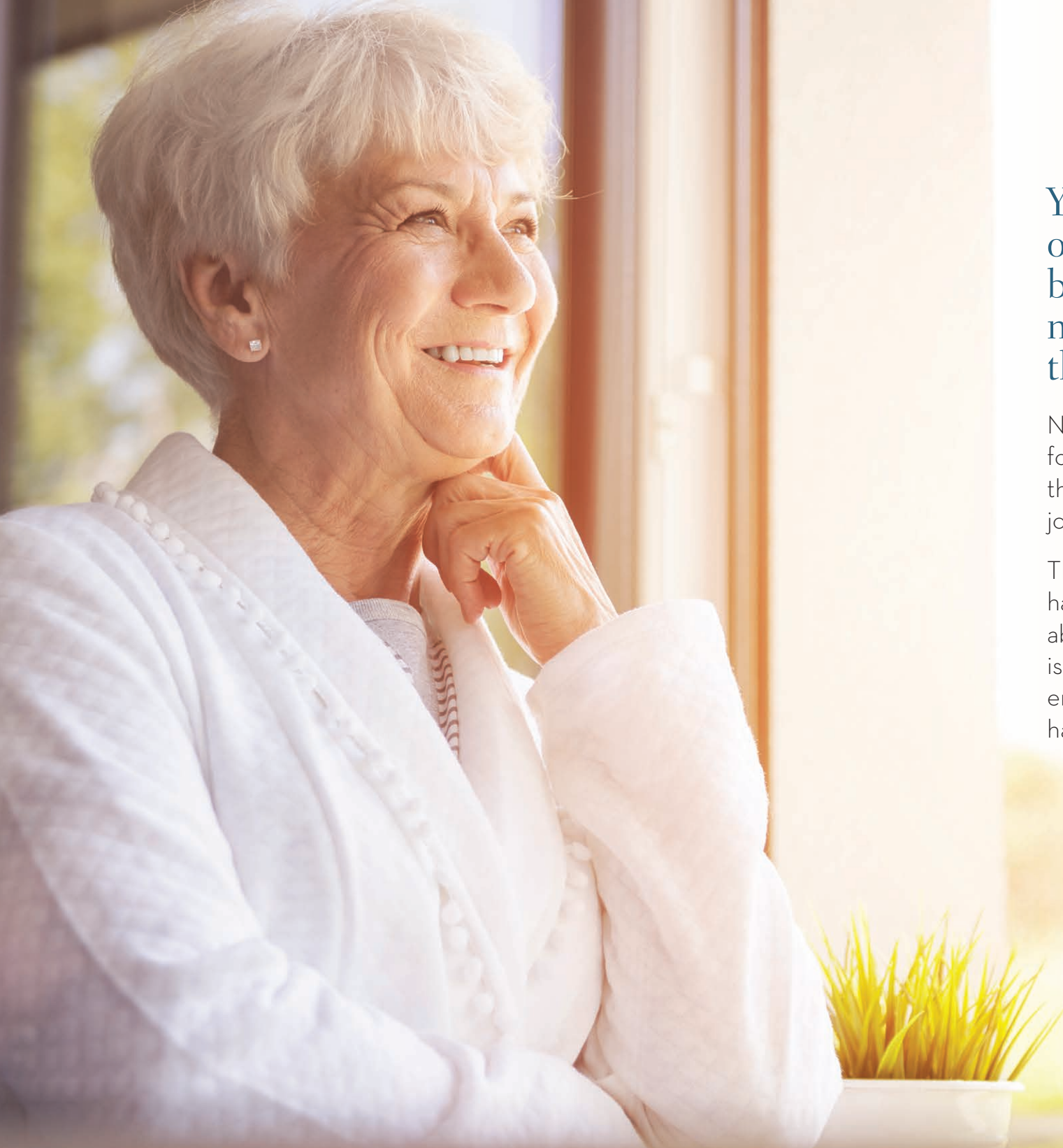




TEN THINGS

EVERY ADULT CHILD
SHOULD KNOW ABOUT
THEIR AGING PARENT


THE
ARLINGTON



Your parents are still living on their own, but they're beginning to need a bit more extra help getting through the day.

Now is the right time to begin planning for your Mom and Dad's future – while they're still independent and able to join in on the discussion.

The fact is, 70% of adult children haven't yet had a talk with their parents about future care. Here are some of the issues you'll need to be aware of to ensure your parents will live safely, happily and cared for as they age.



1.

UNDERSTAND YOUR PARENTS' HEALTH STATUS

How are Mom and Dad doing? 'Pretty good' isn't nearly specific enough. Older parents can be secretive about their health — afraid of burdening their families. That's why you should take a proactive role in staying informed:

- Ask your parents for permission to talk to their doctors about their current situation and what additional care they may need in the future.
- Keep track of any incidents, such as falls, cuts, colds or memory lapses.
- How's Mom's mobility and stability? Is she having trouble going up and down stairs? Is Dad comfortable using the shower? Falls become a serious health risk as we age, but they are preventable.
- It's important you know what medications they're taking and why. Make a list, including dosages, instructions and side effects. Are medications being taken as prescribed?
- Have copies of all current medical records and health insurance policies.
- Arrange with your parents' neighbors and friends to keep you informed about any developments.
- Do they have instructions, such as a living will, to direct their future care?
- Talk to them about granting you durable power-of-attorney to help make healthcare decisions in the future, if need be.

The Arlington will perform a full health assessment for your parents when they move in. With a full continuum of care available on campus, we can make sure their health needs will be met each and every day. And we'll keep you informed of any changes.





2.

UNDERSTAND YOUR PARENTS' FINANCIAL STATUS

It's not that you're being nosy, but you'll need to be aware of, and have access to, information about your parents' finances. You'll want to know what resources are available for future care before that need arises. Talk to Mom and Dad, and get their approval to go over their finances:

With an Arlington Life Plan contract, you'll be able to help your parents' plan for the future, giving them greater financial stability.



- Review retirement savings, assets (including home), Social Security, pensions, and any other income.
- Determine if they have enough resources to cover any unexpected expenses and future care.
- Consider asking your parents to give you durable power-of-attorney. If one of them suddenly becomes incapacitated, you'll be able to make important financial decisions.
- Understand the value of a living trust. It can save your family time and money by avoiding probate.
- Gather important documents that you'll need for estate planning, including wills, tax returns, deeds, titles, accounts and life insurance policies.



3.

THE VALUE OF KEEPING IN CONTACT WITH YOUR SIBLINGS ABOUT MOM AND DAD

The Arlington offers independent living, assisted living, memory support, and skilled nursing care to provide your family the best care options for your parents for the rest of their lives.



The time to plan a family meeting is before a parent has a problem that requires immediate attention. You may face some resistance having this talk – no one likes to think about their parents getting old – but you need to make it a point that everyone has to be involved. Working together now, you’ll avoid any discord or hard feelings later.

- Try having the first meeting in person, perhaps when those who live far away come in for a holiday.
- Prepare questions in advance so that the meeting stays on target.
- Stay calm. Family dynamics can cause the conversation to become heated or highly emotional. It’s a stressful subject.
- Agree to who will be the primary “voice” for Mom and Dad. Everyone should agree to shoulder some responsibilities, so that no one takes on too much of a burden.
- Listen. It’s normal to have different perspectives on such an important issue. Be willing to consider the other side.
- Communication is key when working with your siblings. Be sure to stay in touch and provide regular updates.



4.

THE EFFECTS OF STRESS ON YOU

Looking after your parents is a giant role reversal, and your parents may feel frustrated that they need to rely on you. Your relationship may become strained. We all experience stress in our lives from time to time, but the stress of looking after parents as they age can become overwhelming.

When your parents decide a lifestyle change is in order, not only will they enjoy a rewarding life at The Arlington, but you'll be able to relax, knowing they're in good hands.



- Be aware of symptoms of stress, such as headaches, indigestion, poor concentration, sleep difficulties, anxiety and irritability.
- Consider joining a caregiver support group.
- Stay connected with family and friends. They can provide emotional support and keep you grounded.
- Take steps to stay healthy: Establish a good sleep routine, stay physically active and eat a healthy diet.
- Take time to enjoy other activities to get your mind off the situation.



5.

THE IMPORTANCE OF SOCIALIZATION FOR YOUR PARENT

Social connections are central to our physical and mental well-being. But for older adults living at home, it can be difficult to maintain these vital social relationships. Illness, loss of friends or loved ones, lack of mobility and other issues can result in isolation, leading to depression and additional physical ailments.

Even with you or an outside caregiver providing assistance and companionship, there may still be a lack of the kind of stimulation and connection that comes with socializing with peers.

The good news is that increasing social interaction enhances health – reducing cognitive decline, lowering blood pressure, improving heart health, easing depression and enhancing quality of life.

- Plan outings and meals with friends and family.
- Encourage a regular routine outside the home, such as shopping, walks and visiting friends.
- Consider The Arlington. Studies show that living in a senior living community provides greater socialization and a higher quality of life than living at home.

The Arlington provides exceptional opportunities for socialization through planned activities, cultural events, and outings to Downtown Naples as well as Marco Island.





6.

THE DIFFERENCE BETWEEN INDEPENDENT AND ASSISTED LIVING

The Arlington offers both independent and assisted living. Assisted living residents enjoy the same maintenance-free lifestyle of independent living with the added benefit of their own personal care plan, licensed nurses and CNAs 24/7, and assistance with administered medication.



As your parents age, they're likely to begin needing more daily assistance than you can easily provide. Although they might not be struggling with bathing or cooking, they may be tired of home maintenance. At this stage, independent living is perfect. Your parents can enjoy a maintenance-free lifestyle, make new friends with their neighbors and take some of the stress off your back.

When your parents are still largely independent but begin to struggle with what are called "activities of daily living" (ADLs), such as bathing, dressing, and managing medication, it's time to look at assisted living. It is a great long-term senior care option, but not all communities are the same:

- Assisted living options range from a stand-alone operation to one level of care in a Life Plan Community.
- Smaller communities may be licensed to provide only basic assistance, while others may only offer skilled care, which is not a good fit for a more active senior. A benefit of The Arlington as a retirement community is that we offer multiple tiers of care to fit all residents' needs.
- Assisted living-only communities may require your parents to move out when their care needs escalate.

It's important to do your research and visit different communities so you can get the full picture before deciding with your parents what the right fit will be.



7. WHAT OPTIONS ARE AVAILABLE IF YOUR LOVED ONE REQUIRES MORE CARE?

A continuum of on-site care is what every adult child should consider for their parent when looking for an independent or assisted living retirement community. No matter the state of your parents' health, you want to be sure that they'll get the care they need as they age. As you're looking at different communities you should be asking questions like these:

- Is this a Life Plan Community or a rental community?
- How many levels of care are available? Life Plan Communities typically offer assisted living, memory care, skilled nursing care and short-term rehabilitation.
- Are there services that the community cannot provide to your parents?
- Are all services covered with one monthly fee?
- What is the ratio of staff to residents?
- Are there licensed nurses and CNAs available round the clock?
- What is the process of moving from one level of care to another? Is there an increase in payment? Will my Mom and Dad be separated if one needs more care? Will my parent(s) have to leave the community?

The Arlington is a Life Plan Community with a specialty care and service license for our Assisted Living residents. We work with families to personalize a care program for their loved one(s) so we have a secure plan for your parents as they age.





8.

WHO WILL PROVIDE CARE FOR YOUR PARENTS?

Meeting the staff at communities you visit is an important part of finding the right fit for your parents. They're going to be taking care of your loved ones, which is a big responsibility. Talking with staff members and other residents can give you a better idea of the quality of care provided and help put your mind at ease. Don't be afraid to ask some questions:

- Are there full-time licensed practical nurses (LPNs) on-site?
- Do residents have access to a physician?
- How many employees are dedicated to helping residents on a daily basis? How many are available at night?
- What background checks are conducted on prospective employees?
- When you tour a community, observe how staff interacts with residents. Are they helpful and friendly? How many staff members are providing care during your visit?



At The Arlington, our staff gets to know residents on a personal level. They build intimate friendships and learn the ins and outs of each resident's daily life ensuring more well-rounded and in-depth levels of care.



9.

WHAT TO LOOK FOR WHEN CHOOSING A LIVING OPTION

Finding the right community for your parents is a challenging but ultimately rewarding experience. It's important to be prepared so that you're not overwhelmed with the choices. Here are some things to do when conducting your search:

- Take a tour. Is the community clean and up to date? Stay for a meal, and observe scheduled activities.
- Is leadership visible to residents and visitors? Do they take time to interact with you?
- Learn what services and activities are available.
- Ask about security and staffing, particularly at night.
- Put yourself in the place of your parents. It's all about them, not you. Will the community meet their needs? Will they enjoy living there?

Leadership and staff at The Arlington are accessible to everyone. Our dedication to residents and their well-being has earned The Arlington the "Best Retirement Community," "Best Assisted Living" and "Best Memory Care" Awards in 2022. Our rehab and skilled nursing centers also consistently earn high ratings from The Center for Medicare & Medicaid Services (CMS).






10. CONTACT THE ARLINGTON TO LEARN MORE AND SCHEDULE YOUR VISIT

Our friendly Retirement Counselors are ready to talk with you and your parents and answer your questions. They can prepare a plan that's perfect for your parents' needs, timing and budget. They can also schedule a personalized tour of our community.

Call 239-920-7885.



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