

How to talk about **DOWNSIZING** with your parents



Talking with your parents about downsizing isn't easy, but when approached the right way, it can strengthen and enrich your relationship and help express your love and care for them. Here are some effective tips to help make the conversation a more positive experience.

1. Empathize with feelings.

Try to walk in your parents' shoes. See life through their eyes, rather than yours.

2. Practice good communication skills.

Ask for your parents' ideas and input. Listen carefully to their concerns rather than telling them what to do.

3. Let your parents be part of the decision-making process.

Give your parents choices. It's an effective way of helping them feel in control.

4. Start your discussions early.

Don't wait until a crisis occurs to begin talking about downsizing. Start the dialogue now.

5. Include other family members.

Discuss potential plans with your siblings first. Agreement is always better than a divided family.

6. Agree to disagree.

It may take many talks over a long period of time before they see the need for change as clearly as you.

7. Strive to honor and respect your parents.

Reassure them that you will be there for them as they age even if you may not see eye-to-eye about moving forward.

8. Make use of helpful resources.

Many communities have partnered with expert downsizing consultants to help organize and ease the entire downsizing and moving process.

Ready to start exploring your parents' downsizing options?
Get in touch — we'd love to help them find the ideal community.



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