

# MAPLEWOOD

*Senior Living*

## WHEN BREAKING A PROMISE IS THE RIGHT THING TO DO

Many caregivers promise their loved one that they will never move them to a care facility. However, if their loved one develops a physical change or dementia, they may realize that caring for their loved one at home is no longer realistic, and feel immense guilt when breaking their promise. Here are some tips to help you through the changes:



### EDUCATE YOURSELF ABOUT SENIOR LIVING OPTIONS:

Years ago the options for senior care were much different. Older adults today often recall experiences with family members or friends who were in less than desirable facilities. Thankfully, senior living options have advanced light years beyond the outdated options of decades ago and they continue to evolve. Explore these new options and ask questions.

### REFRAME YOUR PERSPECTIVE:

Rather than taking the position that moving your loved one to a community is doing something “to them”, try to consider that this is something you are doing “for them”. A senior living community has a whole team of people to do all the jobs you do as a caregiver each day and a whole lot more. Imagine your loved one exercising, socializing, and enjoying worship services and daily entertainment in addition to receiving the care they need on a daily basis.

### WOULD YOUR LOVED ONE WANT THIS FOR YOU?:

A memory diagnosis or severe physical impairment can often be a game-changer. Most people would never expect a friend or family member to care for them through all of the complex cognitive and physical changes that take place with dementia or other illnesses.

### HONESTLY EVALUATE YOUR SITUATION:

If the promises you made in the past are causing you to delay getting the help you need or to feel extreme guilt, ask yourself the following questions:

- Can I provide my loved one with all they need to live a full life (i.e. socialization, cognitive stimulation and physical care)?
- Is my loved one safe at home at all times?
- Can I successfully manage my own responsibilities and my caregiving role?
- Am I taking care of my own physical and emotional needs?

If you would like more information, please contact a **Maplewood Senior Living** community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)

**Connecticut:** Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

**Massachusetts:** Brewster, Weston, West Yarmouth

**New Jersey:** Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

