



WHEN IT'S TIME TO START THE CONVERSATION

BHI Senior Living Guide Book

A Guide for Adult Children & Families

Starting the conversation about future living options with a parent or loved one is one of the most meaningful — and one of the most difficult — discussions a family can have.

For many families, the worry begins long before the conversation does:

- What if something happens?
- How will we make decisions under stress?
- How do I encourage a parent to plan ahead without making them feel pressured?

This guide provides compassionate, practical steps to help you start the conversation with confidence, clarity, and respect.

And at BHI Senior Living, we're here to support you with the information, guidance, and resources you need — every step of the way.

WHY THIS CONVERSATION MATTERS

Most families don't talk about future care or living options until a crisis happens. By then, the choices are fewer, the timeline is rushed, and emotions are high.

Starting early gives you:

- **More choices** — in timing, floor plans, and care options
- **More control** — instead of reacting to a crisis
- **Less stress** — for both you and your parent
- **Smoother transitions** — because planning replaces pressure
- **A safer, more supported future**

Planning ahead protects independence — it doesn't take it away.

SIGNS IT MAY BE TIME TO START THE CONVERSATION

You don't need to wait for something "big" to happen. Subtle changes can be important early indicators.

Look for these signs:

Daily Life

- Missed appointments
- Forgetting medications
- Difficulty keeping up with home maintenance
- Reduced driving confidence
- Decreased social engagement
- Changes in hygiene or housekeeping

Health & Safety

- Frequent falls or near-falls
- New mobility issues
- Changes in chronic health conditions
- Missed follow-up with doctors
- Increased ER visits

Emotional Well-Being

- Signs of loneliness
- Withdrawal from favorite activities
- Loss of interest in hobbies
- Worry or fear about "what comes next."

If these sound familiar, it's likely the right time to begin a thoughtful, proactive conversation.

WHY PARENTS OFTEN RESIST THE CONVERSATION

Understanding emotional barriers can help you approach the conversation with empathy instead of frustration.

Parents often fear:

- Losing independence
- Being a burden
- Financial uncertainty
- A sudden loss of home or familiar routines
- Being pushed into a decision

Your role isn't to "convince" — it's to listen, support, and guide.

PREPARING YOURSELF BEFORE THE CONVERSATION

A calm, informed approach creates a more positive experience.

Before you sit down with your parent:

- ✓ Clarify what you hope to discuss
- ✓ Talk with siblings to align the message
- ✓ Educate yourself about the options available
- ✓ Review how a Life Plan Community works
- ✓ Understand Athens Crossing's priority access to Four Seasons
- ✓ Prepare examples of concerns you've noticed
- ✓ Choose a relaxed, private, unhurried setting

The more prepared you are, the more supported your parent will feel.

HOW TO START THE CONVERSATION — SCRIPTS THAT WORK

Approach With Empathy

Avoid saying:

- ✗ "You can't live here anymore."
- ✗ "You need help."
- ✗ "We've already figured it out."

Instead try:

- ✓ "I want to understand what you want for the future."
- ✓ "I want you to have choices, not be rushed later."
- ✓ "Let's explore options before we ever need them."

CONVERSATION STARTERS

Here are gentle, effective ways to begin:

1. The Opportunity Approach

"Have you noticed how many of your friends are moving into communities where everything is taken care of for them? I'd love to explore some options together — when you're ready."

2. The Peace of Mind Approach

"I know how important independence is to you. I want to make sure you always have what you need to stay independent as long as possible."

3. The Practical Approach

"I've noticed the house is getting harder to keep up with. Let's talk about some ways to make life easier, not harder."

4. The Health & Safety Approach

"I worry about you being alone if something unexpected happens. Let's look into options before it becomes urgent."

5. The Partnership Approach

“I want us to be a team in this. Let’s explore together so you stay in control of the decisions.”

These scripts help open the door without triggering defensiveness.

What to Share About Life Plan Communities

Many parents still have outdated perceptions of senior living. Your role is to replace fear with facts.

Key Messages to Emphasize:

✓ **Independence is the foundation, not the sacrifice.**

Life Plan Communities prioritize autonomy, freedom, and connection.

✓ **You only move once.**

If needs change, BHI Senior Living ensures support is available.

✓ **Predictable financial planning.**

Costs are more stable than on the open market and structured for long-term protection.

✓ **Social engagement improves health.**

Staying active and connected is proven to extend longevity.

✓ **Priority access is a major benefit.**

BHI Senior Living residents receive first consideration for assisted living, memory support, rehab, and long-term care at BHI— eliminating uncertainty.

All of these points help remove stigma and reduce fear.

HOW BHI SENIOR LIVING SUPPORTS YOUR PARENT’S INDEPENDENCE

BHI is designed specifically for active adults who want:

- Maintenance-free living
- Connection with neighbors
- Social activities and fitness options
- Beautiful home layouts
- Privacy and independence

Unlike typical standalone 55+ communities, BHI provides a direct path to healthcare, allowing residents to plan for the future without sacrificing independence today. It’s the best of both worlds.

PRIORITY ACCESS TO HEALTHCARE: WHAT FAMILIES SHOULD KNOW

This is one of the biggest advantages families appreciate.

Residents receive:

- **Priority consideration** for all levels of care
- **Assistance** navigating transitions if needs change
- **Faster placement** than the general public
- **Guidance** from familiar BHI Senior Living teams
- **Continuity** between independent living and supportive care
- **No need** for an **emergency scramble** to find a community

In a healthcare environment where waitlists can be long, this benefit alone provides deep peace of mind.

PLANNING TOGETHER: A FAMILY-FRIENDLY APPROACH

Once the conversation begins, try these next steps:

Step 1: Tour Communities Together

Let your parent experience the environment firsthand.

Step 2: Discuss What They Want

Ask questions like:

- “What do you want your next chapter to look like?”
- “What matters most to you?”

Step 3: Review Finances as a Team

Provide clarity — not pressure.

Step 4: Meet with the BHI Senior Living Team

Our team can answer:

- Care questions
- Pricing questions
- When-to-move timelines
- Whether a Life Plan Community is the right fit

Step 5: Make a Plan, Even if the Move Is Later

A plan protects your parent's independence and your peace of mind

Final Thoughts: You Don't Have to Do This Alone

Starting the conversation is hard — but you are not alone.

The BHI Senior Living teams have guided thousands of families through every step of this journey. We're here to provide compassionate expertise, honest information, and support tailored to your family's needs.

The next step is to schedule a conversation and explore your options!

