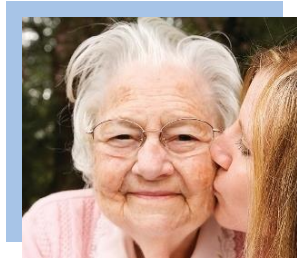


## Tips for a Family Meeting When Seeking Housing at The Manor



If your family is faced with seeking housing for a senior family member or loved one, a family meeting can be productive in airing issues and concerns and brainstorming solutions. In order to live at The Manor, the senior must be independent and capable of making their own decisions especially when signing legal documents like the lease. This means that they must possess cognitive skills that allow them to function independently within an apartment.

- 1) Include your senior in the family meeting and ask them what **they want** and **how they feel**. Treat their feelings with respect and value their opinions.
- 2) When you come for a tour, pick 1-2 family members to attend with the senior. Large groups overwhelm most seniors and usually a decision is not made when a large group comes together. We'd be happy to give the rest of the larger family a tour at a different time so that everyone has a chance to see our beautiful Manor without overwhelming the senior.
- 3) If your senior is having a hard time leaving a family home or making that next move, we have found that a first tour should be done without pressure. After you leave, let them talk about it when they are comfortable. If you push the conversation too quickly they can pull away from the idea because they may feel pressured and they need to process. We recommend a 3-day waiting time if they are reluctant. We have found that within those 3 days most seniors usually approach the family with a decision of their own. If the 3 days pass without mention, then we recommend a second visit for a meal or event at The Manor. If the senior is reluctant to move, be patient and give them a little time. We are happy to assist with additional tours and visits. We want each resident to feel at peace with their decision and this process helps relieve stress and makes for a much happier transition when they decide to move in.

### **Tips on running a fruitful family meeting:**

- Put your senior's feelings and opinions first – listen to what they want.
- Don't speak for others by saying "we think" or "my family thinks."
- Take responsibility for your own opinion or viewpoint by saying, "I think," "I believe," "I understand," and so on.
- Don't interrupt anyone.
- Encourage everyone (from the youngest to the oldest, from the shyest to the boldest) to express his or her opinion.
- Choose a facilitator (for example, the oldest, most respected person, a counselor, minister, family friend etc.).
- Encourage family members to share their feelings by accepting all sentiments.
- Don't allow blaming and criticizing.
- Stop verbal attacks dead in their tracks.

