



CITY OF LAKEWOOD'S  
DIVISION OF AGING  
RESOURCE GUIDE

# AGING



HOW TO  
START THE  
CONVERSATION

# IN



# PLACE

# HOW TO START THE CONVERSATION ABOUT AGING IN PLACE WITH YOUR LOVED ONE

1

## CHOOSE THE MESSENGER

When planning your conversation, be sure you know who is going to be the person starting the dialogue. These are not always easy conversations therefore the messenger matters. Choose someone who can effectively deliver information while also being patient and understanding.

2

## BE PREPARED

Have an idea of what you are going to say and how you will say it. This is a two way conversation and although you may want to express concerns, be open and listen to what your loved one has to say. Begin by asking them if they have given this any thought and then proceed to discuss possible options.

3

## MAKE A PLAN

There is a lot to cover when talking about aging in place. If time is on your side, be sure to seek out helpful resources and support. There are a lot of options for most people and it is important to be familiar with those options as you continue the conversation with your loved one. Begin to map out various decisions to help make the process easier to achieve.

4

## PRACTICE PATIENCE

Empathy and patience can go a long way. This conversation can be challenging but the more you begin to engage the easier it becomes. Ensure you are offering choice whenever possible to your loved one in the decision making process.

5

## KEEP THE CONVERSATION GOING

Don't leave until you have your next conversation planned as consistency is key. Don't leave your first conversation without planning for your next. Bring it up when appropriate to help break down the challenges and fears associated with aging in place.

**For more information, resources + available services, please contact  
the City of Lakewood's Division of Aging (216) 521-1515 or  
visit: [www.onelakewood.com/findget/programs-for-seniors](http://www.onelakewood.com/findget/programs-for-seniors)**