

## Talking To Your Parents About Senior Living

**How do you know when is the right time to start the discussion with your parents?** Stephanie Chan, Owner of *Home to Home Advisory Services Inc.* recently appeared on *CTV Morning Live's Ask an Expert* segment to provide advice on *how to talk to your parents about lifestyle options*. The following are some highlights and tips.

We all want the best quality of life possible for our parents in their elder years. In order to achieve this, some planning must take place. The best time to start the conversation is when there is no pressure.

**Tip #1: Have your first discussion early when nothing has happened yet to make it a crisis situation.** What if your parent just isn't willing to have the conversation? Resistance is the most common response that family members are faced with.

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Keri Adams, Host of CTV Morning LIVE and "Ask An Expert", Stephanie Chan discuss "Talking to Your Parents About Senior Living."



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## Talking To Your Parents *Cont'd*

**Tip # 2: If you find that you're just hitting a wall each time you try to bring it up, give it a rest.** Think about whether there are other related topics that should be discussed, such as:

Where the important documents are in the house in case of emergency? Have they recently updated their will? How are they doing with handling home maintenance tasks? etc.

**Tip # 3: Try to avoid telling your parent what they should do.**

Instead, show them the options and guide them in making their own decisions. Suggest going on a tour of some residences or a trial stay.  
*Read article:* <http://legacyseniorliving.com/news/talking-with-your-parents>  
*Watch video:* <http://bc.ctvnews.ca/more/ask-an-expert-legacy-senior-living>

## Mark Your Calendar - September Events

**Pre-Registration Required for Events. Call 604.240.8550.**

**Open to Senior Adults & Family. No Charge To Attend.**

### September 10 - 1:30 pm to 3:00 pm

**Downsizing & Selling Your Home** with special guests Stephanie Chan, owner of *Home-to-Home Advisory Services*; Kris Pope®, Real Estate Advisor with *Dexter Associates Realty*; and Vikki Stevenson, Executive Director of *HomeStart Foundation*.



### September 29th - 2:00 pm to 3:00 pm

**Investing & Retirement Lifestyle Planning** with Chadwick Walker, Investment Advisor with *Odlum Brown Limited*.

*(Watch Chadwick on CTV Morning Live @ 7:40 am September 16th - Ask An Expert sponsored by Legacy Senior Living.)*



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## About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

## Contact Us

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