

Guiding with heart

Discussing senior living with someone you love



Bringing up the idea of moving to senior living can be difficult, but starting the conversation with care and respect can make a big difference. A thoughtful approach can help your loved one feel heard and supported.

**Start early
and talk openly**
before a
crisis arises

**Show empathy
and respect their
choices,** ensuring
they feel heard and
in control

**Highlight the
benefits,** like
improved safety,
social opportunities,
and support

**Involve them in
exploring options**
and listen to their
preferences

**Be honest and
patient,** offering
reassurance and
allowing time for the
decision

**Include family
support and arrange
visits** to ease
concerns and
build trust

REMINDER

The Generations program walks this journey with you



 **Explore care options:** Learn about independent living, assisted living, and memory care, and get help assessing what level of care is needed.

 **Get financial clarity:** Understand what Medicare, Medicaid, and insurance may cover and compare care costs.

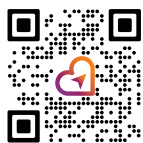
 **Support for families:** Access guidance and resources for talking with loved ones and navigating care decisions together.

Connect with a Nurse Coach to explore care options, coordinate support, and access resources for you, your loved one, and your family.

Call • Email • Message • Live Chat 



Stay connected—be sure to register on your member website/app!



866.799.2728

answers@healthadvocate.com

www.healthadvocate.com/uswlocal286

Registration code: 84PPKYK

Call • Email • Message • Live Chat 

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2025 Health Advocate HA-M-2403022-30FLY

 **HealthAdvocateSM**