



## **Embracing the change to assisted living**

**Facing a Move to Assisted Living?** Moving to Assisted Living is not the beginning of the end, but the beginning of a new phase in your life.

**We have heard it said that life isn't about waiting for the storm to pass.**

**Life is about learning to dance in the rain.**

And that is so true when you are facing physical or mental decline and you need to make changes to adjust.

Just as in any challenging time of life, you can decide to smile, roll with the punches and spread joy, or you can frown, resist and be miserable.

***“Youth is not a time of life; it is a state of mind... Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next.”*** Samuel Ullman

If it isn't you that is moving, but you are moving a loved one and they are having a hard time accepting the change, you can help them by focusing on the positive and encouraging them. You will need to remember that YOU cannot control how they respond. All you can do is focus on YOUR attitude. Instead of complaining about them, focus on your hope that they will learn to love their new life. They will definitely have the opportunity to enjoy life more in a community. You, as the care-giver can only control YOUR attitude. So, enjoy your part of this journey, this stage of YOUR life.

***“The aging process has you firmly in its grasp if you never get the urge to throw a snowball.”*** Doug Larson

Embrace the change and vow to live life to the fullest with what capacity you have available to you. With Assisted Living you will have more opportunities to encounter others and bring them a smile. In an Assisted Living community, you will have access to games and entertainment, mobility, meals, and gatherings.

***“The truth: You have to lower your standards, accept what's available to you, and become passionate about what's available to you.”*** Mike Magnuson

**You have lived all your life being independent. Now you need some help. It is just a part of living a long life. You have succeeded in living this long. Don't stop enjoying life because health and ability has changed. Grab for the gusto! Smile and greet the new day.**