



Should They Stay or Should They Move?

FAMILY DECISION CHECKLIST

Navigating Housing Transitions with Care

This guide is designed to help you, as a family, have open, loving, and practical conversations about the next steps in elderly housing and care. Use it together to explore options, weigh the pros and cons, and make decisions that honor both dignity and peace of mind.

Step 1: Current Home & Lifestyle

- Is the current home safe and manageable (stairs, maintenance, neighborhood, accessibility)?
- Are household tasks (cleaning, yard, repairs) becoming too burdensome?
- Do we feel isolated here, or do we have nearby community and support?

Step 2: Health & Daily Needs

- Are medical needs increasing?
- Do we require assistance with daily activities (meals, mobility, personal care)?
- Is living alone creating stress, risk, or worry for us or our family?

Step 3: Emotional Considerations

- How do we feel about leaving the family home?
- Are there strong emotional ties to the neighborhood, church, or community?
- Do we feel peace of mind or anxiety thinking about a move?

Step 4: Family Support

- Do family members live close enough to provide consistent support?
- Would moving in with family provide comfort and connection, or create strain?
- Are expectations about roles and responsibilities clear and realistic?

Step 5: Financial Factors

- What are the financial implications of staying, downsizing, or selling?
- Could selling the home provide resources for care, comfort, or a new chapter?
- Are expectations about roles and responsibilities clear and realistic?



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Step 6: Exploring Alternatives

- Would a smaller home, condo, or senior community provide more freedom and less stress?
- Could in-home support allow us to age in place safely?
- Have we reviewed the long-term costs and benefits of each option?

Step 7: Making a Family Plan

- Have we talked through these questions openly, listening to everyone's concerns?
- Do we have a clear next step (research, tours, financial planning, family meeting)?
- Does the decision bring us peace of mind, dignity, and confidence moving forward?

Tip: There is no "perfect" choice – only the one that best supports your safety, health, finances, and family relationships. Revisit this checklist regularly as needs and circumstances change.

For help and support reach out to one of our specialist today. We would love to have a conversation with you.



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