

+ MIDLANDS AND LOWCOUNTRY HEALTH



Starting the Conversation

Talking About Assisted Living

Bringing up the idea of assisted living can be one of the most sensitive moments a family shares. For many older adults, the conversation stirs up worries of change—leaving a home filled with memories or feeling like they're giving something up. Yet, with honesty, patience, and care, the conversation can open doors to greater comfort, support, and a renewed sense of daily joy. Below are some steps to start the conversation and ultimately make a decision that is best for *your* family.

1 | Begin Talking Early

The best time to talk isn't during a crisis, but before one. If you notice that cooking,

driving, or daily tasks are becoming harder, start gently. Ask questions like:

- “How are you feeling about managing things at home?”
- “Would it help to have more support day to day?”

Starting early allows time to explore options together instead of making rushed choices later.

“When families take that first step to talk, it shifts the focus from fear to possibility. It's about preparing together, not reacting in a hurry.”

— Denise Dickinsen, Vice President of Planned Growth & Development, Lutheran Homes of South Carolina

2 | Lead with Respect

Big life transitions can feel overwhelming. Approach the discussion with care and respect—not directives. You might say:

- “I want to make sure you can keep doing the things that matter to you.”
- “Let's look at communities that support your lifestyle and interests.”

This keeps the focus on what's important: continuing to live life fully, with the right support.

3 | Shine a Light on the Benefits

Assisted living is more than care; it's a chance to live with greater ease and connection:

- Friendship and belonging through social activities and shared experiences
- Everyday ease with help for meals, housekeeping, and transportation
- Added assurance knowing that support is available around the clock

4 | Involve Them Every Step

Invite your parent or spouse into the process. Tour communities together. Share meals with residents. Ask what feels most comfortable. Honoring their preferences helps build confidence in the decision.

5 | Allow Space and Time

This isn't a one-day conversation. Listen carefully, acknowledge concerns, and be willing to return to the discussion when the moment feels right. Often, the idea becomes easier once it has time to settle.



A Path Forward

At Lutheran Homes of South Carolina's assisted living communities, we believe that choosing a community is really about choosing a future. “When families guide this decision with care, it becomes a positive turning point,” says Dickinsen. “Assisted living can ease worry, restore balance, and create meaningful memories.”

Lutheran Homes of South Carolina offers assisted living in five welcoming locations across the state: Franke at Seaside in Mount Pleasant, Rice Estate in Columbia, the Heritage at Lowman in Chapin, RoseCrest in Inman, and Trinity on Laurens in Aiken. Each provides compassionate support and opportunities for older adults to continue living with comfort, connection, and purpose.



Franke at Seaside • the Heritage at Lowman
Rice Estate • Trinity on Laurens • RoseCrest

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