



Expert
Contributor



By Lisa Warren
Sunrise of Lynn Valley

Adjusting to Life in Senior Living

*What Life Looks Like When a Parent, Spouse, or Couple
Moves into a Senior Living Community*

Has your parent, spouse, or loved one recently moved to a senior living community, or are you preparing for this next chapter together? This can be a big emotional transition for everyone involved. Here are some insights to help you and your family adjust with confidence and care.

Finding Your New Role as a Family Member or Partner

When someone you love moves into a senior living residence, it's natural to experience a mix of emotions, from relief and gratitude to uncertainty and even guilt.

If you've been the primary caregiver, it can take time to rediscover your role in their life— one that still offers love and support, but allows for new independence, connection, and peace of mind for everyone.

Even when you've done your research and feel confident in your decision, it's normal to have moments of doubt. The key is remembering that your loved one still needs you, just in different ways.

Here are a few meaningful ways to stay connected and involved as they settle into their new home.

Stay Connected and Involved

Share meals or coffee breaks together

Join your loved one for lunch, dinner, or a casual morning coffee. Our dining team takes pride in preparing meals that are both nutritious and delicious, and family guests are always welcome.

Sharing a meal or a latte together is a wonderful way to reconnect and enjoy the relaxed rhythm of community life.

Participate in activities and events

Families and couples are always encouraged to join in! From music afternoons and creative workshops to monthly family nights and social outings, there's always something happening.

Ask the team for our monthly activities calendar and plan to attend a few of your loved one's favourites.

Volunteer your time or talents

If your schedule allows, consider volunteering. Whether you're a family member or a spouse living nearby, your presence adds warmth and familiarity.

Volunteers often help with outings, share hobbies, or simply bring conversation and smiles, enriching the sense of belonging that defines life at Sunrise of Lynn Valley.

Stay connected with the care team

You remain an essential partner in your loved one's well-being. Regular check-ins with the leadership and care teams help ensure their preferences and routines are honoured.

No one knows them quite like you, and your insights are invaluable.

Build relationships with team members

Get to know the dedicated people caring for your family member or partner. Let them know how to reach you, and don't hesitate to ask questions or share updates. This mutual trust builds confidence and ensures everyone is working together toward the same goals: comfort, safety, and happiness.

For Couples Making the Move Together

Many couples move to Sunrise of Lynn Valley together, sometimes with different support needs. One partner may enjoy the freedom of independent or assisted living, while the other benefits from additional daily care or memory support.

Our community is designed to keep couples connected and thriving, allowing both partners to enjoy companionship, meaningful activities, and peace of mind in a supportive setting.

Embracing the Next Chapter

Families and couples often tell us that, once settled, they rediscover the joy in their time together, sharing laughter, stories, and memories instead of worrying about daily care tasks.

That's the true gift of senior living:

Visit Sunrise of Lynn Valley

If you're exploring senior living options for a parent, spouse, or loved one, we invite you to experience the warmth and connection of Sunrise of Lynn Valley.

Visit, tour, and learn how our team can support a joyful, worry-free lifestyle for your loved one and peace of mind for you. Call us at 604-904-1226 to book a tour today.



Trusted Senior Living

**LONG-TERM CARE
MEMORY CARE**

**CELEBRATING
26
YEARS
IN LYNN VALLEY**

- Best-in-Class Care
- Vibrant Lifestyle

Book your tour by calling
604-904-1226
or visiting
SunriseLynnValley.ca

Scan to Learn More

©2024 Sunrise Senior Living

TAX EFFICIENT MONTHLY INCOME THAT PAYS 10%/YEAR?

BRAD BENNEST, CFA, Senior Wealth Advisor
604-659-8454 | brad.bennest@raymondjames.ca

**NEED A FINANCIAL PLAN
FOR YOUR FAMILY?
CONTACT US TODAY**

© 2024 Raymond James Ltd. All rights reserved. This information is drawn from sources (Tax Efficient Monthly Income Fund) believed to be reliable but information accuracy is not guaranteed. This is provided as a general informational only. Individual circumstances should be made to your account statement. Individual client portfolio performance may be different from that of the fund performance due to timing of cash flows, etc. and the performance calculation of the fund may be different than that of the index used as a reference point for comparison. Raymond James is a member of the Canadian Investor Protection Fund.

AMPLIFY YOUR MESSAGE ONLINE.

CONTACT:
Vanessa Roggeman
778-929-6372
vroggeman@bestversionmedia.com

NEIGHBOURS OF
EDGEMONT

POWERED BY
BVM
BEST VERSION MEDIA

Listen to What Your Gut Is Telling You.

*Discover what's affecting your
digestion, energy, mood,
& overall well-being.*

Personalized
care to uncover
the root cause
of digestive
concerns.

*Book your
consultation today.*

Dr. Yen Cam, ND

EDGEMONT
naturopathic clinic

604-929-5772
EdgemontNaturopathic.com

#105-3246 CONNAUGHT CRESCENT, NORTH VANCOUVER

"Get your life back, not your symptoms..."™