

# Living in a Retirement Home: Coping with Older People in Assisted Living

Ben Huot's notes from Coping with Your Difficult Older Parent:  
A Guide for Stressed Out Children

- 📌 90% of the people at my retirement center are wonderful people especially the ones with mental or severe physical illnesses, but there are a few who try my patience.
- 📌 Here are some ideas on how to deal with the annoying 10%.

- Don't sacrifice yourself anymore for others' happiness when they depend solely on you for self worth.
- They won't be happy but you can't change that.
- No matter how miserable they make you feel, they actually feel worse

- Do you feel drained after visiting with the person?
- Are you more protective of your space?
- Are you less sensitive to your own needs?
- Are you now more secure with facts than feelings?

# Try the following

- Set limits for your own physical and emotional help - be honest and positive and expect hurt feelings
- Seek professional counseling and support groups
- Use role playing

- Run the worst possible situation through your head and find responses that deflect the criticism like using humor
- Understand their situation - the emotional and/or physical problems that contributed to their attitude
- Use "I feel" messages

- Don't try to reason with them
- Don't try to change them
- Don't respond in kind to their negativity
- Don't ever fill in for the care workers
- Look to care workers to deal with them

• Don't spend too much time with them