

# *The Elephant in the Room*

## STARTING THE CONVERSATION

Talking to parents about moving from the family home can feel like addressing the elephant in the room—but it's a conversation rooted in love, safety, and respect. By thoughtfully exploring their health, lifestyle, emotional attachments, and future goals, families can navigate this sensitive topic with compassion. The goal isn't to push them out of their home, but to open the door to new possibilities that support independence, comfort, and peace of mind—before a crisis forces a rushed decision.

### THE ICE BREAKER - TOPICS OF DISCUSSION

- This isn't easy, but we care too much to avoid the hard stuff.
- We want to help you feel safe, supported, and in control of the next chapter.
- Have you thought about what kind of support you might want in the future?
- How do you feel about staying in your home long term?
- If something unexpected happened, do we have a plan in place?

### HEALTH & SAFETY

- Are you feeling safe and steady in your current space?
- What would give you more peace of mind day-to-day?

### EMOTIONAL ATTACHMENTS

- What memories and meaning does this home hold for you?
- What are the hardest parts to imagine letting go of?
- What parts might feel like a relief to release?

### DAILY LIFESTYLE

- Is the home still a good fit for how you live now?
- Are you able to enjoy your hobbies, friends, and routines?
- Would a different location or layout better support your independence?



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# CONTINUING THE CONVERSATION

## FAMILY DYNAMICS

- What role does the house play in the family's life now?
- Are you feeling pressure to “keep it” for sentimental reasons?
- How can we support you without making you feel pushed?

## FINANCIAL CONSIDERATIONS

- Is keeping the home still financially comfortable?
- Would selling unlock resources to improve your lifestyle or care?
- Have you spoken with a financial advisor or estate planner?

## MAINTENANCE & UPKEEP

- Is it becoming physically or mentally exhausting to manage the home?
- Are repairs or yardwork piling up?
- What are the costs—time, energy, and money—of staying?

## OPTIONS & OPPORTUNITIES

- Would a smaller home or community offer more freedom or connection?
- Have you considered independent or senior living communities?
- What kind of environment would feel exciting, not just necessary?

## LEGACY & LETTING GO

- What items or spaces hold the most meaning?
- How would you like to pass on memories, heirlooms, or stories?
- What's your biggest hope for the next phase?

## PLANNING VS. CRISIS

- Do you want to make this decision while it's your choice—or wait until a health event forces it?
- What would a proactive plan look like?
- Can we take this step-by-step, at your pace?

Family conversations are not always be easy—but they're a gift of love, helping ensure choices reflect values, priorities and peace of mind.



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