

8 TIPS FOR A SUCCESSFUL MOVE TO A MEMORY CARE COMMUNITY



We understand that caring for those with Alzheimer's and dementia is often challenging, especially for adult children. Too often, as family members we focus on the tasks that need to get done. We make sure that there are meals provided, that medications are taken properly, and that showers and care are being done. However, there comes a time whether for safety or medical reasons, it's time to move to a specialized memory care community. Here are some tips to help you make this transition as smooth as possible for your loved one during the moving process.

1 PREPARE TO BE EMOTIONAL

Regardless of how much you have prepared yourself and your loved one (if possible), you will feel emotional when the day comes to make the move. It is important to have a close friend or family member to reassure you that you are doing the best possible thing for your loved one.

2 USE "FIBS" TO CALM THEIR NERVES

There is no need to tell your loved one that this will be their new home permanently. Instead, they will be much more accepting if you tell them they will be staying until "they get stronger" or perhaps "it is a hotel while you are out of town." Rest assured that it is better to use a "fib" in order to decrease the stress and give them time to adjust. Also, communicate this information to any family member(s) and associates at the community, so they will all tell them the same.

3 BRING FAMILIAR ITEMS TO PLACE IN THEIR NEW APARTMENT

Decorate the new place before the day of the move with some of their own furniture, pictures and items that will bring comfort to them. This will help them be able to identify the new space as their own and bring relief.

4 CONSIDER NOT VISITING DURING THE FIRST WEEK

This may be the hardest part for you! It is hard to let go and not be with your loved one as they begin this new journey.

However, it is crucial for them to use this time to get acquainted with staff and begin to build relationships with other residents. By being present, this may remind them that you are their family, and these new people are strangers. Once the initial adjustment is made you can begin enjoying visits such as dining together and you will begin to be the spouse or family member again instead of only being a caregiver.

5 DO NOT ANNOUNCE MOVING IN ADVANCE

If you tell your loved one that they will be moving in advance, this might bring on unnecessary anxiety. It could bring on negative feelings and negative behaviors. If you feel you need to give them some notice, tell them the week of the move, that way there isn't too much time spent anticipating the change.

6 TAKE CARE OF YOURSELF

This is going to be a very difficult time for you as well. You will be having a bit of a role switch, and it is important to remember that you will be going through a sense of loss and confusion on your place in your loved one's life. Get plenty of rest, and talk to someone as you go through this next step in your journey.

7 GET INVOLVED IN THE COMMUNITY

Visit and participate in programs offered by the new community with your loved one! They will be encouraged to be more socially active if they see you having fun and participating.

8 REMEMBER THAT THIS TOO SHALL PASS

This transition is ultimately going to affect you the most. Your loved one will adjust, create new relationships and thrive. You will continue to have the memories of all of the hard times. Turn to caregiver support groups, and use resources available through the community your loved one now lives in.

If you need additional assistance, please contact us.



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