

For Caregivers: How to Help Your Loved One on Move-In Day

- **Get as much of the new apartment ready before moving day as possible.**
Moving day can be less stressful for everyone if you're able to access the senior living apartment before the official move-in day. Because policies vary from community to community, this may not always be possible.
- **Keep in mind that moving can be stressful.**
Even if you do everything you can to make moving day as smooth and seamless as possible, your family member will probably be feeling a whirlwind of emotions. After all, moving out of their home and into a new place is a big life change. Be prepared that they may be more emotional than usual, and do your best to give them extra grace and patience throughout the day.
- **Encourage them to eat amidst all the excitement.**
Sometimes we get so caught up in the big move that we forget to stop and eat. You might feel okay if you skip a meal, but your parent needs to keep their energy up. Make sure they have a chance to not just eat, but actually sit down for a meal on move-in day. It may require pressing pause on unloading or unpacking boxes, but this is an important step you don't want to skip.
- **Help them unpack boxes and set up their apartment.**
Imagine moving into a brand new place and not knowing where any of your possessions are. It would feel overwhelming, wouldn't it? One of the best things you can do for your loved one is helping them unpack their boxes and set up their new home. Just make sure you let them decide where things should go. It's their space, after all!
- **Stay for their first meal at the new community.**
Eating in the common area for the first time can be intimidating for new residents. Clear your schedule on moving day, so you have time to join your family member in the dining room for their first lunch or dinner in the community. Having a friendly and familiar face at the table is a good way to help ease their nerves.