

For Caregivers: Supporting Your Loved One in Senior Living

If you have a loved one who just moved into senior living, you may play a more important role than you realize. Adjusting to a new place, and new people can be overwhelming, and many residents lean on their friends and family for support in the early weeks. If you want to encourage your loved one as they make the transition to community life, here are a few tips:

1. Schedule regular visits.

If your loved one is lonely but knows a friend or family member is coming for a visit, they can have something to look forward to and encourage them throughout the week. Consider coordinating a visit schedule with friends and family members, so your loved one can look forward to regular social engagements.

2. Fill their fridge with food.

When people move into a new house, people often bring over housewarming gifts, like delicious meals. This is a gesture that can remind your family member that they are still an important part of your life, even though they've moved. It can also remove some of the pressure they may feel about eating all their meals in the common room when they first arrive on campus.

3. Help them come up with daily rituals.

Routines give us a sense of comfort and familiarity. Helping your loved one establish daily rituals, like morning coffee by the fireplace, going on a walk before bed, or taking a morning exercise class, can provide them with a more predictable schedule and help them acclimate to community life sooner rather than later.