

How to Get Your Move Started

You've done your research, visited the communities on your list, and made a decision on which one is right for you. Now you have to start getting ready to move. There's a lot that goes into this part of the senior living journey, and we have some resources that can help make this transition easier for you and the rest of your family. So what are you waiting for? Let's get started.

You've done your research, toured several communities, and decided where you want to enjoy the next season of life. If that's you, give yourself a pat on the back! Now it's time to get ready to move.

There's more to moving into a new home than simply packing up your things and taking them from one place to another. Moving is usually an emotional process. If you recognize ahead of time that the transition will probably bring up some combination of hopeful and sad emotions, you can be better prepared to embrace this new chapter of life.

Celebrate Your Current Home

A home is more than a building with walls, flooring, and a roof. It's filled with memories, and that can make it hard to say goodbye.

Even though you know the memories you made will go with you no matter where you live, consider taking some time to celebrate everything your current home has given you before you leave. It can look different for everyone. You may want to spend a quiet evening at home thinking about the legacy you built there. Or, perhaps take a picture of your home to have as a keepsake.

No matter how you decide to celebrate your house, use that time to remember and appreciate the years you spent there. Then, let it encourage you to look forward to how many new and wonderful memories you can make in your new home, which will be full of things to do and new people to do them with.

Be Aware of Your Emotions

When you're about to experience a big life change, you can probably expect to feel some mixed emotions. For most, this is just a regular part of the moving process. Just keep in mind that some of those sad or negative emotions could be a result of unfounded fears.

The truth is that many seniors genuinely enjoy living in a community more than they enjoy living alone, and they are glad they made the decision to move. If you find yourself battling

your nerves, make a list of all the good things that could come out of this transition: no more household chores, new friends, a full activities calendar, peace of mind about the future.

Focusing on what you're going to gain rather than what you think you might lose is the best way to remind your emotions that you're the one in charge.

Commit to Embracing the New

You might be tempted to withdraw or just spend a lot of time in your apartment after you arrive. It's alright to feel a little overwhelmed, and it's even okay to take it easy for the first couple of days. But what you don't want to happen is let fear take control and prevent you from getting connected.

One of the best ways to avoid feeling isolated after moving is to commit to embracing this new season of life with enthusiasm. Give yourself a challenge each day to push toward making friends, participating in activities, and getting out and about with the rest of the community. Before you know it, you might just find that you really love your new home.