



ANTHEM

MEMORY CARE



**Planning For a Positive Transition
into Memory Care**



Reducing anxiety associated with the move to memory care is paramount. Equipping yourself with knowledge on how to prepare, what to expect, and how to provide support during the adjustment period can help make the transition as seamless as possible for everyone involved.

As you prepare the new living space for your loved one, pay careful attention to its organization and ensure it contains familiar and recognizable belongings. Personal items offer a sense of security and ownership — which is crucial for a smooth transition.

The new resident may feel disoriented in unfamiliar surroundings especially if their environment is disturbed, so it's recommended to move and arrange belongings prior to move in day or for your loved one to participate in activities while you set up the suite.

MOVE-IN DAY

To minimize stress on move-in day, it's beneficial to have a familiar individual accompany your loved one. Ideally, if two people can be present, one can handle administrative tasks while the other supports your loved one in meeting staff and familiarizing themselves with the new surroundings.

When it's time to leave, let staff know that you are ready to go and allow them to assist in the departure. Avoid saying “goodbye” or prolonging the departure as this can increase confusion and/or anxiety. Our staff is here to help and will redirect your loved one to ease the transition process.

We understand that planning a move is hard on the entire family. Remember to carve out some time for self-care after the move. Prioritizing self-care is essential for maintaining your well-being during this period of transition.



TIPS TO MAKE MOVE IN DAY GO SMOOTHLY

1. Decide what will be moved to the new residence and what will be moved elsewhere. Remember to bring items which are familiar and comfortable for your loved one, such as furniture, chairs, tables, bedding, pictures, clothing, toiletries, etc. The move will be far more successful when the resident sees their suite with everything already in order. It's beneficial for them to be surrounded with familiar things including favorite photos and family photos.
2. Ensure that the suite is set up prior to returning the resident to her/his residence suite. This will reduce confusion. Do not have boxes or debris remaining in the suite. The resident should arrive to their suite completely prepared for their comfort.
3. Arrange a particular time that the resident will arrive at the community. This will help staff carve out time to assist in the transition.
4. Allow time for staff to greet the new resident and introduce them to their neighbors. This social greeting is setting the stage for a good first night.
5. Toiletries should be brought to the attention of staff who will assist in safely storing the items.
6. Medications should be given directly to the Clinical staff. It is essential that medications are not left with the resident or in their suite.
7. It takes time for a resident to adjust to their new surroundings. Our staff will be here to help you and your loved one through this process.

VISITS DURING THE ADJUSTMENT PHASE

Collaborate with staff to determine the optimal frequency of visits during the initial weeks. Some individuals may require space to acclimate, while others may benefit from more frequent interactions. Initiating a visit shortly after the move-in can provide valuable insight; however, if it elicits a challenging reaction, consider waiting a few days before trying again. Identifying specific times of day when your loved one is typically more energetic or sociable can enhance the visit experience, and staff members are available to assist in identifying these opportune moments.

- Initial visits should be relaxed and short.
- Keep them simple; your presence is enough.
- Just touching, holding a hand, or massaging the back can be meaningful.
- Stay calm, even if there are problems.
- Remember your mood affects their mood.
- Watch for signs your loved one is tired or irritated and be prepared to end a visit before things become too tense.
- Give yourself permission to have a bad day, as well.
- Quality of time trumps quantity time.

After the adjustment period, visits will likely fall into established routines that work for everyone.



MANAGING EXPECTATIONS

Despite your thorough preparation, anticipating a seamless transition is not always realistic. The adjustment period may pose challenges for both you and your loved one, requiring patience and understanding. It's normal for the adaptation to take between 30 to 60 days, but remember, humans are remarkably resilient, and you both will eventually acclimate. Expect adjustments to occur gradually and subtly, and celebrate successes large and small!