

Tips to Help Your Loved One Transition to Assisted Living

Whether moving into a senior living community for the first time or moving from Independent Living to Assisted Living, this is a significant life change for any older adult. There are things you can do to support your loved one's transition and help them ease into their new life in Assisted Living.

Share Information.

Make sure staff members have the right information about your loved one. Not just the medical information, but their preferences as well – schedules they like to keep, things they like to do, special interests they enjoy, and so on. Any insight that can be provided to staff will help build a good relationship.

Ask Questions.

The staff are available to help with this transition. They care for residents all day and spend lots of time in the community. Don't be afraid to tap into them as resources and ask any questions you have. If they don't have the answer, they will know who in the community can help.

Come with a Positive Attitude.

Support your loved one's decision to move to Assisted Living by having a positive outlook. Your support and reassurance will go a long way in helping them settle in. Feel confident knowing that your loved one's care team is bringing years of experience and commitment to their health and well-being.

Keep Open Communication.

Attend your loved one's care plan meetings with staff. If anything comes up outside of those regular meetings, communicate with staff right away. They take pride in doing their best and want to know your thoughts and feelings regarding the care of your loved one.

Moving to Assisted Living is a big change for your loved one and for you. Acknowledge your loved one's feelings and yours. Don't hesitate to lean on friends, family, and even the senior living community staff to help you get through any tough days so you can support your loved one throughout this transition.

