

# Moving Into Assisted Living

Change can be difficult and stressful and everyone handles it differently. Like with any change, making the transition to senior living can be made easier on everyone by keeping a positive outlook, patience and understanding, and if possible, as many family and friends involved as possible.



## What Your Loved One Should Bring With Them

When planning on a move into an assisted living home you or your loved one has to decide what furniture and personal items to take such as furniture, photographs, and personal effects. It's important to request to see the actual unit so you can see the layout and take measurements. This will help them decide what furniture and personal items can be taken. Since most downsize when they move into senior apartments most of the large furniture they already own won't fit in their new living space. Sometimes it's more practical to take smaller items like pictures, books, blankets that will make you or your loved one feel more at home.

## Moving

Packing should be finished long before the actual move. Available closet space should be taken into consideration when deciding how many clothes to bring. There may be storage units available outside of the unit that seasonal clothing and other items can be stored in for a small monthly fee.

After all heavy lifting is done try to get family and friends to help you organize your belongings in your new living space, it shouldn't be too much trouble at that point.

## **The Emotional Change**

Moving is already a difficult process, but many people have trouble making the emotional transition a stigma has been attached to senior living residences. Those concerns aren't warranted in today's assisted living homes as residents can lead independent, full lives.

As long as your loved one gives themselves time to settle into a new routine they'll find themselves adjusting to their new surroundings. Staying busy also helps, getting out and trying to meet as many of the other residents as possible will help make your parent or loved one feel welcome. This shouldn't be hard since many of the communities offer a wide variety of daily activities that allow people to socialize and meet people with similar interests.

## **Family and Friends Involvement**

It's important that members of the resident's family and their friends are involved throughout the entire process from helping them find a community they like, helping them move, to regular visits after they have settled. A family member that has moved into an assisted living center shouldn't be viewed any differently than before the move. Sometimes this is easier said than done. Family members can experience the same feelings of uncertainty that the resident can, but they should try and keep in mind that their family member has changed, just their address.<sup>1</sup>

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<sup>1</sup> [www.assistedlivingcenter.com](http://www.assistedlivingcenter.com)