

MAPLEWOOD

Senior Living

TIPS FOR A SUCCESSFUL MOVE TO A MEMORY CARE COMMUNITY

Caring for those with dementia is challenging. As family members we focus on the tasks that need to get done like preparing meals and making sure medications are taken. However, there may come a time whether for safety or medical reasons when it's best to move to a memory care community. Here are some tips to help you make this transition as smooth as possible for your loved one.



PREPARE TO BE EMOTIONAL

Regardless of how much you have prepared yourself and your family member/friend, you will feel emotional when the day comes to make the move. It is important to have a close friend or family member to reassure you that you are doing the best possible thing.

USE "FIBS" TO CALM THEIR NERVES

There is no need to tell your loved one that this will be their new home permanently. Instead, they will be much more accepting if you tell them they will be staying until "they get stronger" or perhaps "it is a hotel while you are out of town." Rest assured that it is better to use a "fib" in order to decrease the stress and give them time to adjust. Also, communicate this information to any family member(s) and associates at the community, so they will all tell them the same.

BRING FAMILIAR ITEMS TO PLACE IN THEIR NEW APARTMENT

Decorate the new place before the day of the move with some of their own furniture, pictures and items that will bring comfort to them. This will help them be able to identify the new space as their own and bring relief.

DO NOT ANNOUNCE MOVING IN ADVANCE

If you tell your loved one that they will be moving in advance, this might bring on unnecessary anxiety. It could bring on negative feelings and negative behaviors. If you feel you need to give them some notice, tell them the week of the move, that way there isn't too much time spent anticipating the change.

TAKE CARE OF YOURSELF

This is going to be a very difficult time for you as well. You will be having a bit of a role switch, and it is important to remember that you will be going through a sense of loss and confusion on your role in their life. Get plenty of rest, and talk to someone as you go through this next step in your journey.

GET INVOLVED IN THE COMMUNITY

Visit and participate in programs offered by the new community! They will be encouraged to be more socially active if they see you having fun and participating.

REMEMBER THAT THIS TOO SHALL PASS

This transition is ultimately going to affect you the most. Your family member/friend will adjust, create new relationships and thrive. Turn to caregiver support groups, and use resources available through the community.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)

Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

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