

A Senior Select Guide for a Smooth & Supportive Move

Moving to a care community can feel like a loss of independence. It's normal for a parent to feel unsure, sad or even upset. This move is about safety, dignity, and living life on their terms with the right support.

1

Listen First. Acknowledge Safety Concerns together.

Acknowledge their emotions and validate their concerns first with empathy. "I know that this is a big change, and it makes sense that it feels hard." "We want to honor your feelings while keeping you safe."

2

Reframe the Move. Highlight the gains.

Social connection with peers. 24/7 Safety and better care support. Freedom from chores and home maintenance. Time for more meaningful activities.

3

Involve Them Early

Tour communities together. Ask what is important to them in a community. Set up a lunch tour or attend an activity. (It can be beneficial to tour ahead of parent.)

4

Adjustment Takes Time

This usually takes 4 to 8 weeks. Encourage participation but don't push too hard too soon. Be consistent and patient - the routine becomes reassuring.

5

Address Common Fears

Set regular visits/call schedule and stick to it. Highlight their safety, private apartments, locking doors and flexible daily routines. Show community calendars, and services.

6

Bring Home with Them

Keep their space familiar. Bring favorite items, photos furniture, and mementos. Make a check list with them of these important items. Pets can be included.



WORKSHEET

Family Guide for a Smooth & Supportive Move

- 1** Listen. Understand Their Concerns: List your parents top worries. "I'll lose my independence," "I don't know anyone" "This house holds my memories"

- 2** Empathetic Phrases You Can Use: "I can see how hard this feels" "This house means so much to you" "You have been independent for so long - I get why this change feels scary"

- 3** Addressing Safety Concerns with Care and Clarity.
Identify Specific Safety Concerns you observed. Not just worries. Be Specific.
.Keep Parents dignity intact by framing safety as a shared goal.

- 4** Reframe the Move. Focus on Gains by identifying the benefits that matter to your parent personally. Discuss: Safety, Social connection, Privacy, Faith, and Activities.



- 5 Involve Them Early. List ways you can involve them early even if they are resistant. Examples: Touring communities, Choosing decor, Picking moving dates.

- 6 Empathetic Phrases You Can Use: "I can see how hard this feels" "This house means so much to you" "You have been independent for so long - I get why this change feels scary"

- 7 Create a Supportive Adjustment Plan. Outline how family will show support during the next 4 to 8 weeks. Include Visit Schedule, Communication Plan, Comfort items to bring, and ways to encourage engagement without pressure.

- 8 Your Families Commitment Statement: "We commit to supporting loved one through this transitions with patience, love, and consistency. We will focus on listening, involving, and reassuring step by step."

Signatures:

