Tips for Managing the Transition to Long-Term Care

For those who require the support of long-term care, moving from their beloved home to a senior living community could be the hardest change they ever make. Fortunately, there are steps you can take as a loved one’s family to make the transition into long-term care as smooth as possible.

As your loved one transitions into their new home, you can do the following to make it easier to adjust:

• **Help Them Feel at Home** – Try to make your loved one’s new senior living suite as comfortable and homelike as possible before they move in. Many communities encourage new residents to bring pieces of their own furniture and meaningful decorations. Embellish their room with familiar objects and keep the room well stocked with your loved one’s favorite books, music, movies and snacks.

• **Be There During the Physical Move** – Be present for your loved one at each step of their moving process. Offer to help them downsize and pack belongings to take with them. Be there the day of the move to help them get situated in their new environment and stay with your loved one throughout the day. Help them unpack, learn the locations of various rooms in the community and share a meal with them.

• **Help the Staff Get to Know Them** – Inform the staff and caregivers that will be working with your loved one of their likes, dislikes, routines, interests, etc. Your loved one may be hesitant to open up about such things, so your effort could help them make a personal connection sooner. We all have a desire to be known, and your loved one is likely to feel more at ease when those caring for them know who they are on a personal level.

• **Encourage Them to Get Involved** – Talk to your loved one’s community director to learn what kinds of activities are available. If your loved one enjoys cooking, encourage them to get involved in the next community cooking demo. If they are an avid reader, purchase the next few books to be discussed in the community’s book club. Offer to attend some activities with them if it would make them feel more comfortable.

• **Keep in Touch** – While you should give your loved one the independence to adjust to their community on their own, it’s also important to stay connected to show you haven’t abandoned them. Visit frequently, call to check in and send little gifts to let them know you’re thinking about them.

Welcome Home

The Homeplace at Midway accommodates residents at all levels of care within four comfortable, homelike cottages. Along with our Assisted Living, Memory Care and two Skilled Nursing Care cottages, the Lucy Simms Lloyd Gathering House – our community cottage – is just a quick walk down the road. Here you’ll find space for social gatherings, worship services and engaging activities.

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And of course, every level of care is delivered with the Best Friends™ Approach, ensuring each resident at The Homeplace at Midway is cared for at a deep, personalized level and their days are filled with meaningful, life-affirming activities.

**Contact us** today to learn more about the many unique advantages of The Homeplace at Midway!