

MyFriend



Helping Your Loved One Transition to Senior Living—Family Support Workbook

myfriendusa.org

Emotional & Conversation Checklist

Use this section to guide conversations, acknowledge feelings, and validate your loved one's experience.

Conversation Topic	Things to Say / Ask	Notes / Your Loved One's Responses
Feelings About the Move	"How are you feeling about moving?" "What worries you most?"	<div></div> <div></div>
Memories of Home	"What do you miss most about your current home?" "Which items or photos do you want to bring?"	<div></div> <div></div> <div></div>
Expectations & Goals	"What do you hope for in your new home?" "Are there routines or activities you want to keep?"	<div></div> <div></div> <div></div>
Concerns About Independence	"What do you hope for in your new home?" "Are there routines or activities you want to keep?"	<div></div> <div></div> <div></div> <div></div>

Familiarizing with the New Community

Plan activities to help your loved one feel more comfortable before and after the move.

- ☐ Tour the facility at different times of day to experience daily life.
- ☐ Ask to meet staff, residents, and neighbors.
- ☐ Bring in personal items (photos, mementos, favorite chair) to make the space feel familiar.
- ☐ Set up the room before or soon after the move (furniture, layout, decor).
- ☐ Help your loved one attend a few social events or meals in the facility before and after the move.

Moving Day Plan

Make the actual move smoother with a clear checklist.

- ☐ Pack a “first-night” essentials bag: medications, toiletries, pajamas, phone charger, snacks.
- ☐ Prepare a box of “comfort” items: favorite photos, throw blanket, cherished keepsakes.
- ☐ Confirm movers or helpers, and determine who still stay with your loved one during the move.
- ☐ Walk through the new space together: test lighting, figure out how to use call system, emergency buttons.
- ☐ Set up a visitors’ calendar for the first few weeks so they have familiar faces around.

Adjusting & Settling-In Strategies

Help your loved one feel at home and build new routines.

- ☐ Bring in routines from home (morning coffee, reading time, nightly rituals).
- ☐ Encourage participation in community activities at their own pace.
- ☐ Be a steady presence. Visit consistently in early weeks—even short visits help.
- ☐ Advocate compassionately: check in with staff, ask questions, share needs and preferences.
- ☐ Give it time. Emotional adjustment can take 3-6 months or more.

Self-Care & Support for You

Supporting your loved one through this change is emotionally taxing—make sure you take care of yourself too.

- ☐ Acknowledge *your own feelings*: guilt, sadness, relief—they're all valid.
- ☐ Build a support network: enlist family, friends, or a professional organizer or elder-care manager if needed.
- ☐ Invite other family or friends to help with visits or moving tasks.
- ☐ Practice self-care: schedule “me time,” whether that’s a walk, a quiet hour, or a conversation with someone you trust.

Long-Term Engagement Plan

Create a plan to stay connected to your loved one and support their ongoing adjustment.

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- ☐ Set a weekly visit schedule (in person, phone, or video).
 - ☐ Ask for a copy of the facility's social calendar.
 - ☐ Help them build new friendships: attend meals or community events with them early on.
 - ☐ Check in with staff regularly to monitor how they're adjusting emotionally.
 - ☐ Explore MyFriend's Friends of the Family(Arizona) or similar companionship programs to increase social connection.

Notes / Reflection Space

Write down observations, concerns, ideas for next steps, or emotions.
