

MyFriend



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

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?”

Memories of Home

“What do you miss most about your current home?”
“Which items or photos do you want to bring?”

Expectations & Goals

“What do you hope for in your new home?”
“Are there routines or activities you want to keep?”

Concerns About Independence

“What do you hope for in your new home?”
“Are there routines or activities you want to keep?”

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.

- 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.
