

## Tips for preparing for a move

Common concerns about preparing for the move	Tips to help address your concerns
<p>I don't know what to expect.</p>	<ul style="list-style-type: none"> <li>• Visit or call the home and ask what you can expect on move-in day:               <ul style="list-style-type: none"> <li>- Can a staff member or volunteer give me and the person with dementia a tour of the home?</li> <li>- Which staff will be available on moving day to help the person with dementia while I am taking care of paperwork?</li> <li>- What should I pack for moving day and is there anything I shouldn't bring?</li> <li>- Do I need to bring a list of the medications that the person with dementia is taking?</li> <li>- Do I need to bring incontinence products for the person with dementia?</li> <li>- Do I need to label all of the person's belongings?</li> <li>- If some clothing doesn't need a label, what happens when it is laundered?</li> <li>- Whom should I ask for when we arrive?</li> <li>- Should I bring a void cheque for automatic payments?</li> </ul> </li> </ul>
<p>I'm working/ travelling/ have child care responsibilities and am not sure how I can be available on short notice.</p>	<ul style="list-style-type: none"> <li>• Try to save a few vacation days for the time of the move.</li> <li>• Tell the homes (that have your name on the waiting list) how to contact you if you are travelling.</li> <li>• Arrange for a family member or friend to be available on standby to care for your child during moving day.</li> <li>• Contact local moving companies to learn about their process.</li> </ul>
<p>I don't know what my role will be after the person moves into the home.</p>	<ul style="list-style-type: none"> <li>• Discuss with a social worker at the home about what they expect of family members regarding providing support for the person with dementia.</li> <li>• Do this e-learning module called Transitioning to Long Term Care to learn about possible changes in your role and relationships which can be found at <a href="http://Alzheimerottawa.ca/transition">Alzheimerottawa.ca/transition</a></li> </ul>

<p>I'm not sure how to feel like a member of the care team.</p>	<ul style="list-style-type: none"> <li>• Build relationships with the staff and regularly communicate with the team.</li> <li>• Consider getting involved in the daily life of the home by joining the home's Family Council or volunteering to give tours for potential residents and their families.</li> <li>• Share your knowledge of the person with dementia and your experience of caring for them with the home's care team at the initial care planning meeting.</li> </ul>
<p>I'm not sure what to do if I have questions or concerns about the care provided in the long-term care home after the move.</p>	<ul style="list-style-type: none"> <li>• Think about your expectations and what is reasonable and work with staff to improve the person with dementia's experience.</li> <li>• Speak with the Social Worker or Director of Care about specific concerns.</li> <li>• Acknowledge that staff members are trying hard to provide the best possible care; treat them with respect and appreciate their efforts. For example, saying "thank you" goes a long way!</li> </ul>