

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

<p>I'm not sure how to feel like a member of the care team.</p>	<ul style="list-style-type: none"> • Build relationships with the staff and regularly communicate with the team. • 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. • 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.
<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"> • Think about your expectations and what is reasonable and work with staff to improve the person with dementia's experience. • Speak with the Social Worker or Director of Care about specific concerns. • 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!