

Tips for settling in

| Common concerns about settling in | Tips to help address your concerns |
|---|---|
| I'm not sure how long it will take the person with dementia to adjust to their new environment. | Try to be patient as the person with dementia settles in. For some, it may take weeks or months and for others, less. Communicate closely with the staff during this adjustment period. On the other hand, the person with dementia may adjust quite well to their new surroundings. This may leave you with mixed emotions. These feelings are completely natural. Remember, you have not lost your role as a caregiver, you are now sharing the responsibility with others. |
| I don't know how to react if the person asks difficult questions or says things like "I want to go home." | Find out what may be triggering difficult questions or statements. Is the person feeling unsafe? Sometimes the person simply needs reassurance. |
| I'm not sure how often I should visit. | Visit as often as you want and stay for as long as you feel comfortable. For some people, caregiving has been so demanding that they need a break during the first few weeks after moving. Others want to visit as often as possible during the first few weeks. The important thing is to make each visit –regardless of length or frequency – as full and rewarding as possible for both of you. |
| I'm not sure what to do if the staff provides care differently than what the person is used to. | Acknowledge that there will be differences between the caregiving routine at the long-term care home and how you cared for the person in your home. Share your knowledge about the person with staff. |
| Now that I'm not responsible for day-to-day care, I'm not sure what my role is. | Focus your time and energy on providing the person with a sense of belonging and love that no one else can give. If you wish to continue to contribute to the physical care of the person, negotiate what your role with the staff. Allowing others to take responsibility for the day-to-day caring tasks does not make you a less important caregiver. |