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Your Partner In Senior Care Solutions



Senior Care Options with Care and Compassion

10 Tips When Helping Seniors Move Into Senior Housing

From the CarePatrol Educational Series

When helping your parents or another senior pack and move, always remember these tips:

1. PLAN AHEAD. Seniors need time to get used to change. Give them time to adjust to the idea of moving, and don't push them too fast, as this could end up putting more stress on everyone involved.

2. TAKE PICTURES. It's likely that the senior that you are helping move has been in their home or dwelling for a long time, and there are many memories that they are leaving behind. Help them remember and feel better about leaving their home by taking pictures that they can keep forever.

3. PLAN A LAYOUT FOR THE NEW RESIDENCE. Change is not easy and it might be difficult for the senior to come to terms with a new layout of their home. To help ease this transition, obtain a map or layout of their new home and allow them to plan out where everything should be placed.

4. HIRE MOVERS. Getting the right help is important when helping a senior move. Having the help of a professional moving company can save time and make the process run smoothly. Senior moving specialists are available to help with all aspects of a move.



5. ASSIGN EVERYONE TASKS. It's vital that you get the senior involved with the move as much as they are able to be. If you can, take them to the new home and allow them to get acquainted with the area where they're going to be living.

6. SELECT A PLACE TO START

PACKING. It's best to find a room or area that doesn't have great sentimental value for seniors to pack. Bathrooms are great areas to start as they can generally be packed and ready for the move within a couple of hours.



7. GIVE THEM SPACE. Foster an environment that is stress-free and give the senior space and time as needed during the move. If they find pictures or other items that evoke emotions, you should allow them the time that they need to deal with these items. Be sure to listen to their stories, as they might have some insight that you will not find anywhere else.

8. PACK AN 'ESSENTIALS' BOX THE NIGHT BEFORE.

In a special box, pack the items that the senior will need during the move for easy access. This includes medications, toiletries, medical devices, etc.

9. GET A GOOD NIGHT'S SLEEP. The senior really needs to have a restful night before moving the next day. Being well rested, the senior will be better able to deal with the emotions of the move.

10. EAT, HYDRATE, AND MEDICATE. On moving day, don't let the senior forget to eat, drink water and stay on schedule with their medications.



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