

6 Tips for Transitioning an Older Adult to Memory Care



TIP

01

Talk about the upcoming change.



- Ease concerns from your loved one and be ready to listen.
- Connect with a support group to share experiences.
- Gain insight from the memory care team or professionals.

TIP

02

Familiarize the experience.



- Reduce the anxiety of change by scheduling a series of visits to the chosen memory care community.
- Try adult day services that provide memory care services for non-residents.

TIP

03

Communicate openly with the memory care team.



- Keep the line of communication open with the memory care team throughout the move-in process.
- Share with the team about your loved one to help build a connection.

TIP

04

Fill the new space with familiar things.



- Bring in a favorite piece of furniture, blanket, throw pillow, or stuffed animal to add comfort.
- Decorate with photos or small meaningful trinkets.

TIP

05

Expect bumps in the road.



- Understand limitations from your loved one and anticipate challenge.
- Practice patience and understanding.
- Take things slow.
- Maintain a positive attitude.

TIP

06

Find additional informational resources.



- Keep learning from tips, resources and tools to help with the journey.
- Learn about what to pack for the move and tips for traveling with someone living with dementia.