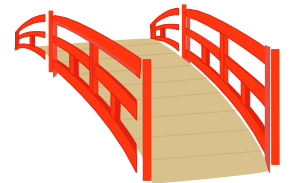


Partnership in Transitional Care: Assisting individuals and families to bridge the transition to a Long-Term Care Home



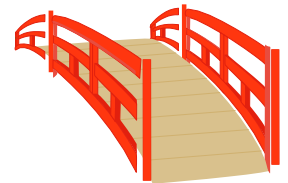
Partnership in Transitional Care

Are you or someone you know considering a future move to a Long-Term Care home?

Partnership in Transitional Care is a free 2-part learning series to help you to consider your options and to plan for the move.

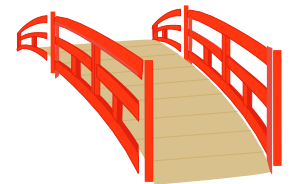
Workshops:

- # 1 Applying to a Long-Term Care Home
- # 2 Preparing for the Move



Preparing for the Move

Workshop #2



Preparing for the Move . . .

- While on the waiting list...
- Getting ready for the move...
- Mobilize your support system...
- Pre-Planning for moving day..
- Build your Biography...
- Organize your Paperwork...
- Acknowledge the transition...
- What to Pack...
- Prepare for moving day
- Moving in.....
- Resident adjusting to the new home...
- Caregiving adapting to the new role...
- Visiting ...
- Adjusting ...
- Additional Resources

Once on the wait list

- Wait times vary from home to home but now that you have made the decision, you need to prepare to entrust (your care / the care giving) to a Long Term Care Home.
- If the decision was made for you because of a crisis or increasing care needs, it is important to become active in the decision making around the move. In the interim, consider increasing your home support services while on the wait list.

Getting ready for the move

- Preparing ahead of time will make the move easier because once the offer comes, you will only have 24 hours to accept it & then only a few days within which to make the move into the Long Term Care Home.

Mobilize your Support Network

- Preparing for a move is never easy, it is important to identify people that you can talk to about your feelings, concerns and fears and to identify people who can help you coordinate the logistics.
- Consider using a journal to organize your thoughts and to record all of your questions as they come to you.

Pre-Planning for Moving Day

- Learn as much as you can about the home:
 - Re-visit the home(s) for short periods, use the day program or short stay services if they are available. Ask for a schedule of the home(s) social activities / events & arrange to attend.
 - Consider which items you would like to bring with you & start a list –ask the home(s) for what is permissible.

Build your Biography

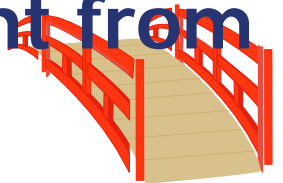
Help the staff to get to know you...

- Prepare a “Personal Care Book” / “Album” to outline likes, dislikes and routines.
- Include lifelong habits, favorite foods, music, hobbies, personal history, occupation, family members, religion, what is comforting, what is distressing.
- Have a discussion with family, friends, physician about your advanced care choices & values.

Organize your Paperwork

You will need to prepare for the paperwork, there are many forms & assessments to review upon admission. Gather together all of your important legal & financial documents.

- **Powers of attorney & key contacts**
- **Advanced Directives or Living Will**
- **Banking information**
- **Health card and insurance benefits**
- **Pension info, notice of assessment from Revenue Canada**



Acknowledging the Transition

- Consider developing a list of who should receive change of address notices, include family and friends.
- Involve someone you trust in your discussions about what to do with the possessions that you will leave behind.
- Make a list of and label those items that you plan to take with you.

Getting Ready: what to pack

- Bring personal items significant to (you / your family member) - Label clothing and belongings.
- Check with the home to know what to bring Ex: clothes, shoes, toiletries, bedspread, medications, furnishings, assisted devices, photos, radio.
- Review our checklist on "Packing for Moving Day".

Getting Ready: the move

Mobilizing your Supports:

- You are responsible for getting (yourself/ your family member) and your belongings to the home.

Think about:

- The size of the room?
- Who will drive?
- Who will assist you?
- What will you bring?
- Ask if you can move some items ahead of admission day.

Moving Day: Visualize the day

If you are a caregiver, plan for yourself

- **Consider when and with who to arrive.**
- **Allow time for paperwork & unpacking.**
- **Consider how long you wish to stay.**
- **Have an exit plan in place**
 - **Consider strategies: leave after meal, during an activity, pair off with another family member...**
- **Plan supports for yourself afterward.**

The resident settling in:

- Reactions to change varies from person to person. Such a significant change involves losses to grieve before the opportunities can be embraced.
- Some adjust quite well, others may react with anxiety, agitation or withdrawal. It will take time for everyone to get used to the changes.
- Work with staff and with your family and friends to support the transition.

The caregiver adjusting

- Re-investing your time can be challenging. The early period can be unsettling, a relief, a loss, sad, lonely to name a few of the mixed emotions. It is important to acknowledge these feelings and to talk to someone about them.
- There will be differences between the care you provided at home and the care that can be provided in a Long Term Care Home.

Your role in the Home:

- **Get to know the home, the staff, other family members.**
- **Establish a primary contact with whom to speak when you want to share information, ask a question or raise a concern. Attend care conferences.**
- **Consider joining the Family Council, volunteering.**

Visiting:

Without the day to day responsibility of providing care, you can re-energize & re-connect when you visit.

- Make a schedule for visiting, so that friends & family can help the person adjust.
- Make a plan for visiting, consider how often to visit, how long to stay, what activity you will do together.
- Send change of address notices to friends, family, pensions (including Involuntary Separation forms), Canada Revenue Agency, utility providers, etc.

Accepting the Move

If you are having trouble adjusting:

- **Talk with someone who has made the transition.**
- **Stay connected or reconnect with family & friends by setting regular dates for visits or outings.**
- **Find activities that you enjoy.**
- **Join a support group – you are not alone.**

Resources

From the Alzheimer Society:

- The Personal Care Book
- When Home is no longer an Option
- Getting your legal & financial house in order.

From the Long Term Care Home

- Orientation booklet
- Note review the enclosed checklists or contact your local CCAC or Alzheimer Society to register the workshop sessions nearest you.

