## **Quick Guide:**

## 4 Ways to Help Your Parent Adjust to Assisted Living

Use this resource to help guide you and your parent through the physical and emotional transition to a senior living community. Keep in mind that this resource is not exhaustive and should not be used in place of professional guidance, should you ever pursue counseling or mediation.

## 1. Don't yield too quickly

Many experts suggest it can take as long as three to six months to adjust. If you find your parent unhappy in their
new surroundings, encourage them to be specific about their problems and speak with the community's staff abou
ntroducing solutions.

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Problem		Possible solution	
2. Resist being a helicopter			
Visiting too often may hinder your para abandoned or left behind. During the f apartment. After that, reach out and a	first 30-45 days, opt f	for phone calls and o	
Name	Contact info		Best time to visit the community

## 3. Make their apartment feel like home

Décor and items that evoke fond memories can warm up an apartment and make it feel like home. Make a list of things your parent would like to have that may help them settle in.

Things to bring from home	New items to purchase		
4. Expect good days and bad days			
	sadness. This is normal as you both process this new is an effective way of releasing emotions during especially oughts or consider writing a letter to your parent to share		
If you are having trouble managing a conflict with your pa frustration, consider leaning on a friend, spouse or counse			
Name	Contact info		

