

# Adjusting to Long Term Care: Moving in and Making the Transition

**Bonnie Daros - Psychogeriatric Resource Consultant**

**Jennifer Hall - Family Member**

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## Partners in Transition

### Components of the Program

1. Preparing for the Move
2. Staff and Family Working Together – Education sessions for staff working in care
  - Session 1 – Developing Relationships with the resident and Family
  - Session 2 – Enhancing Communications with Families
3. Volunteer Support Program on the day of the move to long term care
4. After the Move – workshop for families

## Transition to Long-Term Care Program

E-Learning series is the outcome of the Partners in Transition project that began in 2003 in partnership with the Alzheimer Society of Ottawa and Renfrew County and Cornwall in collaboration with several Health Care partners in the Champlain Region

## **Purpose:**

**The Partners in Transition free on-line modules allows more caregivers and family members to access the information they need at their convenience, regardless of location and schedule.**

*Soci t  Alzheimer Society*

## Transition to Long Term Care



*Preparing for  
the Move*



*Moving Day*



*Adjusting*



The module is presented in three sections:

1. Preparing for the move
2. Moving day
3. Adjusting



## Module 1:

### Preparing for the Move

- Making the decision
- How to prepare for the move
- Requirements of LTC facilities
- Suggestions to prepare physically, emotionally and legally for the move



## Module 2:

### Moving Day

- The responsibilities of the family
- Questions to ask the long term care home
- What items to bring
- Frequently reported emotional experiences
- Ideas for planning the day
- Expecting the unexpected





## Module 3:

### Adjusting:

- To new roles
- To new environments
- To new people – staff and co-residents



# Jennifer and Tom's experience and insights on moving day and adjusting to long term care

- Adjusting to a new role
- Some things take time
- Adjusting to the change
- Getting to know the home

- Re-investing in yourself
- Tips on adjusting
- Helping your family member adjust
- “How do you feel?” – write in your feelings
- Click on sticky notes with some of the common feelings experienced by family/friends

- Your visits are important
- Go at your family member's pace
- Suggestions for activities during visits
- Take time to get to know the staff

- Common concerns
- Expressing concerns
- What are staff experiencing?

## Common Questions

- “What do I say when my family member asks me to take him/her home with me?”
- “I don’t like saying no to my family member. What can I do?”
- “How long does it take for a person with dementia to adjust to new surroundings?”
- “It’s awkward when I visit; my family member doesn’t recognize me any more and/or cannot communicate. What should I do.”

## Adjusting:

- After the Move: Adjustments for the Caregiver, Experiences and feelings about the move, available online (<http://alzheimerottawa.ca/wp-content/uploads/2012/08/Fact-Sheet-After-the-Move-Adjustments-for-the-Caregiver1.pdf>)
- After the Move: Visiting, suggested activities for visits with your family member, available online (<http://www.alzheimer.ca/ns/~media/Files/ns/ASNS%20Files/Awareness%20Month%20Resources/awareness2013/Factsheet3-afterthefmove-visiting.ashx>)
- After the Move: Communicating and working with the staff, strategies to help you in your role as a “partner in care”, available online (<http://alzheimerottawa.ca/wp-content/uploads/2012/08/Fact-Sheet-After-the-Move-Communicatingand-working-with-staff.pdf>)
- Family Councils’ Program, comprised of friends and family of residents of long-term care homes ([www.familycouncilmembers.net](http://www.familycouncilmembers.net))
- Day to Day: Adjusting to Long-term Care, available online ([http://www.alzheimer.ca/on/~media/Files/national/brochures-day-to-day/day\\_to\\_day\\_adjust\\_longterm\\_care\\_2008\\_e.ashx](http://www.alzheimer.ca/on/~media/Files/national/brochures-day-to-day/day_to_day_adjust_longterm_care_2008_e.ashx))



## Others:

- All About Me: Alzheimer Society of Canada: A resource intended for people with dementia to provide health-care providers with information about themselves.
  - English: <http://www.alzheimer.ca/en/Living-with-dementia/I-have-dementia/All-about-me>
  - French: <http://www.alzheimer.ca/fr/Living-with-dementia/I-have-dementia/All-about-me>
- Shifting Focus: A guide to Understanding Dementia Behaviour (particularly in LTC):
  - English: <http://www.alzheimer.ca/en/on/We-can-help/Resources/Shifting-Focus>
  - French: [http://www.alzheimer.ca/on/~/\\_media/Files/on/Shifting-focus/Shifting%20Focus%20Brochure%20French%20Print.pdf](http://www.alzheimer.ca/on/~/_media/Files/on/Shifting-focus/Shifting%20Focus%20Brochure%20French%20Print.pdf)

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## Project Lead

Nicole Lecomte – *Program staff at Alzheimer Society of Ottawa and Renfrew County*

## Contributors

Bonnie Daros – *Psychogeriatric Resource Consultant at the Royal*

Melané and Marcus Hotz – *Family Members*

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## Availability

“Transitions to Long Term Care” is a free e-learning series available at the Alzheimer Society of Ottawa and Renfrew County’s website:

[www.alzheimer.ca/ottawa](http://www.alzheimer.ca/ottawa)

Look under “We can help” and click on resources for families to find the e-learning modules.

This course is available in French as well:

“La transition vers les soins de longue durée”.

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