



# BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

## Tips on Easing the Transition to Long-Term Care for Your Loved One

There are several things you can do to ease the transition to a long-term care community for your loved one and help to create a homelike environment for them. These include:

- **Do your due diligence** – Caregivers need to have a high degree of comfort in their selection. The quality of long-term care providers can vary greatly. Ask yourself: Is the facility close enough to your home and/or work to allow for visitation at a level that is best for your family? Does the facility meet the specific medical, social, therapeutic and emotional needs of your loved one? Is there a Dementia Care Unit staffed by professionals with specific dementia training?
- **Talk about it** – Do not let your loved one think that you are making the decision for them. The first conversation should be a discussion, not an intervention. Stress the relief they will feel by no longer having to take care of their own home (i.e. no more dealing with contractors, yard work and worrying about the snow). Prepare for the fact that the process may take time.
- **Understand the emotions involved** – Be sensitive to their emotional attachment to their home and their memories there. Let them know that you understand that it is a difficult time. Be patient and understanding. Offer reassurance of your ongoing commitment and plans for regular visitation.
- **Prepare the room** – Plan to have their room set up before your loved one moves in. Put in familiar objects, but nothing of significant value that could be misplaced or damaged.

Creating a familiar homelike environment for your loved one is extremely important in helping them to make the transition. The article, [“Making an Assisted Living Room Feel Like Home”](#) by Carol Bradley Bursack offers some excellent tips for creating a comfortable “home away from home” for residents of long-term care.

- **Be by their side** – Accompany your loved for the actual move, and repeatedly explain that they will be okay and that you are there to help. You may want to stay for the day and have dinner together at the residence. When it is time to go, explain that you have to leave for a while, but will return as soon as you can. Assure your loved one that they will be fine.
- **Have a “housewarming party”** – Take the opportunity to celebrate. Bring cherished or new items to decorate as well as their favorite treats or dessert. Invite their friends as well.



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- **Eat together** – Dining together a couple of times a week can be a great way to keep in touch and maintain that family bond. In addition, residents may socialize more when there is someone new to introduce.
- **Stay Connected** – Check in regularly for visits. You can also use that time to monitor the care of your loved one on a regular basis, and advocate on their behalf with the staff and administration.
- **Ask for extra attention** – Introduce your loved one to the employee who will be available during the first shift that they are there alone. Ask the staff to tell each subsequent shift that your loved one is new to the facility and needs some special consideration, kindness and reassurance.
- **Take care of yourself, too** – Tap into your network of family and friends for emotional comfort. You can also seek support from others who have been through this situation. The long-term care community may host a support group on site or you can look for a support group in your area.

By following this expert advice, you can make the transition to a residential long-term care community much easier on your loved one – and everyone else in your family!

## A Healthy Tradition of Care and Wellness

Located near Bryn Mawr Hospital, **Bryn Mawr Terrace** – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, **Bryn Mawr Terrace** serves as a continuing care retirement community, offering a range of services including [short-term rehabilitation therapy](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#)... all in a setting that is warm, welcoming and nurturing. For more information on **Bryn Mawr Terrace** and our variety of needs-based lifestyle services, please contact us at **(610) 525-8300**.