

CERTIFIED FAMILY HOME HELPING A NEW RESIDENT ADJUST



Recognize the feelings a resident may be experiencing when they move into their new home. It can be a very difficult and emotional time.

- **Resentment / Anger.** Resentment and anger toward family, friends, a physician or other service provider who wanted (forced) them to move.
- **Denial.** Denial that there was a need to live in a setting other than being independent. Denial that help is needed in any area of his or her life.
- **Fear / Loneliness / Anxiety.** Fear of the unknown and of the future. Loneliness for the lost familiar setting and individuals in that setting. Worry about finances and belongings.
- **Grief/Depression.** Grief for the loss of independence and his or her home. Depression because of declining health, ability and vitality. Perceived loss of possessions and activities that made life meaningful.

Ways to help a resident adjust to your home:

- If possible, have the resident spend time in your home before he or she actually moves in.
- Prior to moving in, encourage the resident to bring furniture, if appropriate, and other familiar items. Encourage and assist, if necessary, the resident to personalize his or her room.
- Use the time completing Resident Records as a time to get to know the resident's likes and dislikes and other personal preferences. Learn how the resident wishes to be addressed.
- Set a specific time and date for the resident to move in. Clear your schedule to have time to spend with the resident and the family so that no one feels rushed. Encourage the resident's family and friends or involved persons to help the new resident move in. Fully orient the resident to all areas of the home.
- Be prepared to spend extra time with new residents to reassure and support them, to make them feel welcome. Be patient and give them time.