



WHAT TO EXPECT

WHEN MOVING MOM OR DAD TO A SENIOR LIVING *Community*

Now that you've chosen a senior living community that suits the needs and preferences of your loved one, you can finally put away all the research materials and get ready for the fun part of the process: prepping for the move. It is time for your loved one to begin looking forward to the new friendships, new lifestyle, and other perks that come with being a senior living community resident.



HERE ARE A FEW THINGS TO KEEP IN MIND BEFORE, DURING, AND AFTER THE BIG MOVE.

Before MOVING DAY



Reduce transition stress by **planning visits** to the community in the weeks and months leading up to the move.



Arrange for your loved one to **have a few meals** at the community and attend special events or activities they would enjoy.

Stay in communication with your loved one's new senior living community so that you know all the details about moving day.

It can be tempting to help your loved one by taking care of all the moving preparations, but don't forget to **keep them involved** as well.

Senior living communities will often schedule your move for a specific day and time frame, as well as provide some **helpful tips** to ensure the event runs smoothly.

Ask any questions ahead of moving day so that you feel prepared and ready.

On MOVING DAY

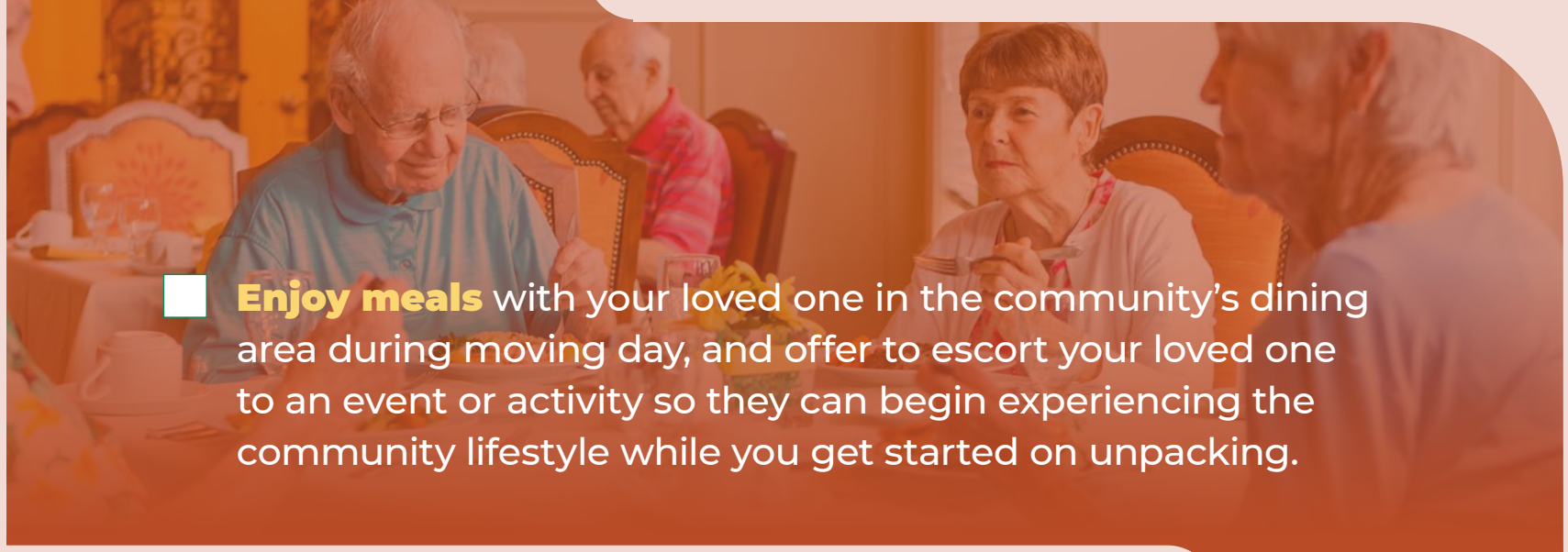


During moving day, encourage your loved one to take advantage of the **community's amenities** right away.

Keep your loved one's new **apartment door open** when you are getting settled in there. Residents are always curious who is moving in, and they are likely to stop by and say hello if the door is propped open.



Enjoy meals with your loved one in the community's dining area during moving day, and offer to escort your loved one to an event or activity so they can begin experiencing the community lifestyle while you get started on unpacking.



Unpack your loved one's belongings, and get as much furniture situated as possible before you leave for the day so they feel settled.

Don't forget to **ask for help** from community team members — that's what they are there for! They can help with practically anything, even hanging up pictures or figuring out how to work the thermostat.

Stay hydrated and fueled up with good food. Consider bringing your own snacks.



After MOVING DAY

Many senior living communities actively welcome new residents. **Look for events** like housewarming parties or other new resident welcome events, and encourage your loved one to attend.



Some communities offer programs where a loved one can stay with a new resident for a designated time frame in order to ease the transition process, such as Cedarhurst's **Pair to Prepare**. Be sure you know if this is an option so you can plan accordingly.

Community team members want to get to know new residents so that they can serve them best. Many staff members will drop by to say hello and even ask some questions during the first weeks. Encourage your loved one to get to know them, too.

Once your loved one moves to a senior living community, you are a part of the extended family, too! Stop by, visit often, and **become a part of community life**.



GET *Started*

The best way to get to know a Cedarhurst community is to tour one. We offer both in-person and virtual tours, so you get to choose how you and your loved one see our communities.

Schedule a tour now and see how residents are thriving in Cedarhurst Senior Living communities.

[Schedule a Tour](#)

