

New Resident Orientation

A Transition Guide for Your Assisted Living Move

The things you need to know, before you move

In the spectrum of senior care, assisted living is an option that falls between independent living and skilled nursing or long-term care. Assisted living facilities (ALFs) offer a viable solution for seniors who can live on their own but may also need some assistance. A new concept just three decades ago, assisted living is the fastest-growing housing option for seniors today.

Highlights

Important Conversations
Six talking points for your family

Pre-Move Check List
Cover your bases

Packing Made Simple
Room-by-room recommendations



ARCADIA
SENIOR LIVING

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Care



Purpose



Happiness

The Transition

There's no doubt about it— when it comes to stressful life events, moving is almost as anxiety-provoking as divorce or death of a spouse, especially when it's relocating an older adult to an assisted living community. Even though the move may make sense in terms of safety and security, many older adults feel grief about moving from a much-loved home and neighborhood into an unfamiliar environment.

At Arcadia Assisted Living, residents have the best of both worlds. They have independence, for a self-sufficient living experience and the assurance that care is available when it's needed. For many seniors, assisted living provides exactly the level of care they need to thrive in the next phase of their lives.

The Benefits Include:

Medication Oversight Physician Appt Management
Access to 24-hour staff and a licensed nurse
Two-person lift / Hoyer lifts



The Arcadia Assisted Living Checklist

Moving into assisted living is very different than simply moving to a new home. Dedicated to the health, happiness, and comfort of your family, Arcadia strives to make the transition as seamless and enjoyable as possible. Utilize this comprehensive checklist to ensure a smooth relocation for your loved one.

OUR MOVE IN STAFF CAN HELP

Don't let this check list overwhelm you, Arcadia can help with all of these

- Contact all creditors and subscription services to notify them of the move.
- Take care of prescriptions and set-up a new pharmacy nearby if necessary.
- Cancel any newspaper deliveries.
- Finish packing clothing, cookware, home care, and other items, only leaving out necessary items for daily use.
- Settle bills and return any library books.
- Confirm arrangements with movers.
- Assisted Living Checklist for Move-in Day
- Pack last minute items, such as like plants and toiletries. If your loved one's furry friend is joining them, be sure to pack their food and pet supplies!
- If you are using a moving company, make sure someone is home when they arrive to ensure that everything is packed properly.
- Keep all paperwork in a safe place and record utility meter readings so that you have everything needed for final payments.
- Confirm arrival time of possessions.
- With this moving to assisted living checklist, you can ensure that your family experiences a comfortable transition when relocating your loved one to their new home.

Six Talking Points for Assisted Living

#1 Talk Things Out

Although you may be anxious to focus on practical matters, the transition will go more easily if you spend some time talking to your aging loved ones about their needs, fears and hopes. Once you've acknowledged and (hopefully) addressed any concerns about moving, have a conversation that centers around the benefits of assisted living—like living in a community and having easy access to new activities and events. If you can help your parents see a move as a positive transition, you'll be off to a good start.

#2 Talk To Your Doctors

If one or both of your parents have significant health concerns, deciding on the best kind of community is a medical decision as well as a personal one. If your parents' family physician cannot evaluate them and make a recommendation, ask for a referral to a geriatrician (a specialist who focuses on the health care of elderly people) for a full evaluation.

#3 Bring in a Pro

If you feel overwhelmed or don't have the time to help organize your parents' move, let us do it for you. Our team, can assess the level of care your parents need, navigate the application process, and help you prepare for the move. Our team especially useful if you don't live in the same state as your parents and can't manage the day-to-day aspects of the transition.

#4 Delaying Selling the Home

One way to reduce the emotional trauma of moving is to hold off on selling the family home. Moving is hard enough without asking your parents to live in a house that a realtor is showing to prospective buyers. If they have the assets to finance a move in the short run—or if you can lend them the deposit or entrance fee—the best plan of action is usually to move first and sell later.

#5 Read the Fine Print

Yes, those long contracts can be overwhelming, but don't give in to the temptation to skim documents before signing (or asking your parents to do so). The contracts and agreements that come with moving into any kind of community may will spell out the parameters of the care they will—or won't—receive for the rest of the stay. It's crucial you and your parents understand exactly what you're agreeing to before putting pen to paper. At Arcadia Assisted Living, we are happy to answer any questions you may have regarding our move-in paperwork.

#6 Start Downsizing Now

Unless your parents already live in a small apartment or condo, they will have to let go of many furnishings and possessions to fit into a new, smaller space. Start downsizing and dealing with belongings as soon as possible to avoid moving day chaos. Organize a moving sale and/or sell items on Facebook Marketplace or Craig's List. Also, consider contacting an estate liquidator, who can appraise, price and sell off the contents of your parents' house.



Dangers of Delaying

Are you the primary care taker? Family caretakers can get:

1. Exhausted
2. Ineffective as needs intensify and
3. Resentful when abilities do not match care needs.

Don't delay the move to assisted living because the transitions seems insurmountable.

When we ask our residents about the transition, most of the time they wished they'd did it sooner.



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A Packing List for a successful Transition

A Room-by-Room Guide

Although some seniors see downsizing as lightening their load, others find the process excruciating. They may be emotionally attached to some (or all) of their possessions and they might feel overwhelmed by having to decide what they should bring to assisted living and what should they sell or give away. The key to making downsizing as stress-free as possible is to start the process early—at least a couple of weeks, if not months, before the move—to allow for enough time to sort through every item. Remember that the sorting process will bring up memories and emotions in your parents, so it's best not to rush it.

The first things you should do is gather and safely store your loved one's **important financial, medical and legal documents and records**. Once that is done, systematically go through each room, starting with a closet or a laundry room before moving on to bigger spaces like the basement or garage.

COLOR CODING DOWNSIZING KEY



KEEP



SELL



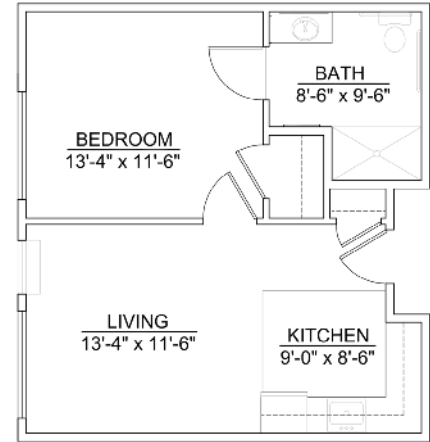
DONATE



TRASH



RECYCLE



Bedroom

One or two nightstands
Ideally with drawers and shelves
One dresser
Bedding
Two sheets, blankets, pillows, comforter
Curtains

Living Room

Seating or Sofa
chairs with arms, rocker
Small table(s)
With shelves or drawers
Wall décor
Photographs, paintings
Curtains if needed
Lamps & Clock
Throw blanket

Kitchen

Small kitchen or drop-leaf table
a standard table is usually too big
Dishes, glasses & Silverware to use every day
Settings for four
Wooden spoons, spatulas, etc.
Nice serving dishes
Trash can
Paper towel rack

Personal items

Clothing like pajamas, robe, sweaters, pants, dresses, nice outfits and two weeks' worth of underwear and socks
Hangers
Shoes and non-skid slippers
Medications

Cleaning Supplies

Dish soap
Dish washing cloths and drying towels
Laundry basket
Dusting cloths

Entertainment

Television *Make sure your loved one knows how to operate it*
Music system and CDs
Desktop, laptop, or tablet computer if needed
Hobby supplies
Needlework, paints, craft materials within reason, cards, books

Note: If space allows, take a small filing cabinet or safe for important papers.

Do NOT Pack

Lots of knickknacks or collectibles
Surface space will be limited
Throw rugs or area rugs
They are a tripping hazards
Chairs on wheels
Seldom-worn jewelry
Multiples of most things
Large furniture
Items that are stored away because they are rarely used

Arcadia Opportunities Include:

- Social events like dances, movie nights, art classes and computer lessons
- Excursions like trips to the sternwheeler, beach, or happy hours at pubs
- Activities like vintage shopping, bingo, or poker tournaments
- Wellness activities like our balance classes, meditation and yoga.



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