

TRANSITIONING TO LONG TERM CARE:

Before, During and
After the Move

**SOME SUGGESTIONS ON HOW
TO MAKE THE MOVE TO LONG
TERM CARE EASIER FOR
RESIDENTS AND FAMILIES**



Moving

- Studies have shown that moving is one of the top fifty stressors in people's lives
- If we know that moving is difficult for people, how much more difficult can it be for someone who is living with dementia?

Are there some tips for making
this journey easier?



Start where
you are.

Use what
you have.

Do what
you can.

Families and friends are an essential part of the move for the person who is being welcomed into the long term care facility

A 3D-style 'Welcome' sign with a rainbow gradient. The word 'Welcome' is written in a cursive font, with each letter having a different color: 'W' is yellow, 'e' is green, 'l' is light blue, 'c' is blue, 'o' is purple, and 'm' is red. The letters have a slight shadow and a 3D effect.

Welcome

TO PREPARE FOR THE MOVE

- The person will have been 'panelled' for long term care
- You will have been given a list of the facilities where their needs might best be met

- Call the facility's social worker or the resident care manager and ask for a tour of the facility
- During the tour ask to take pictures of common areas, the cafeteria or dining rooms and what a room looks like

- It is perfectly appropriate for the person who will be the one welcomed into the home to be with you when you tour if they can be
- As family or a friend you can gauge how the person who is being considered for placement might react to the environment as you tour

- Ask questions about everything and make notes
- Some questions to ask might be:
 - (1) what does a routine day look like?
 - (2) what time are meals?
 - (3) what kind of activities are offered and when?



Questions are the path to learning

- What is the ratio of staff to residents on all shifts?
- What responsibilities will be those of the family and which those of the facility?
- Can you bring furniture from home and if so, what kind of furniture is allowed?

- Ask any questions you have so you get a better understanding of how the facility works
- Ask what supports they provide for families and friends as well
- Always ask who you can call with further questions after the tour

ON MOVING DAY

- You usually do not get much notice about when a move will occur.
- The standard is a 24 hour notice. You can negotiate a move in date but have to be willing to pay the per diem rate from the date of agreed upon admission.
- Usually it is social work who offers the bed.

- If you are able to, you can ask if it is possible to come in and prepare the room for the resident.
- You can then put up pictures, and place things in the room which might make it feel more like home such as a quilt or comforter.

- You will be asked to bring in a copy of the power of attorney document and the notice of assessment for the last taxation year.
- If you are married or living common-law you will be asked to bring in both notices of assessment from Revenue Canada.

- This does not mean that you will have to fill out all the financial paperwork on the day of admission. Usually you can negotiate a day when you can fill in that paperwork.
- Of course, should it be easier you can do this on the day of admission. This will depend on your schedule.

- You will be asked to bring in enough clothing to last approximately one week.
- The clothing will be labelled and every home has a different charge for these labels.
- Bring in any toiletry items that you feel the person would like to have.

- You do not need to bring in the medications as the facility will have a list of medications and they order them directly for residents.
- It's a good idea to keep any private health insurance you have though as sometimes costs for certain items are not covered by Manitoba Health.

- Bring in any assistive devices such as hearing aids, glasses, dentures, walkers or other items
- Bring in a copy of the Health Care Directive and Advanced Care Plan or living will if you have them
- Make sure that staff know who is the key contact person for the resident

- Televisions can usually be brought in but check to make sure who the cable provider is
- Check whether the facility has WiFi and where you can access it
- Check about other equipment such as radios, CD players or telephone/cell phones.

What happens when you come in?

- My personal practise is to meet the resident and their family member or friend at the door of the facility.
- While they might not remember me, I will remember them and so can welcome them with a smile.



- I can use their first name and extend my hand telling them that I am so happy they have come to where I am.



- The person and their family or friend will be accompanied to the unit and the room where they will be living.
- They are given coffee and/or tea and some cookies.

- When the person is ready, they receive a brief tour of the unit and where the dining room is and introduced to people we meet as they go along the hallway to the dining room.

HELLO



- The dietitian will meet with the resident and their family or friend to discuss what their preferences are for meals. Do they like coffee or tea? Do they have any allergies?
- Nursing staff will take blood pressure readings and check vital signs.

- Ask if you can remain for lunch with the person on the day of admission if this is not offered to you.
- Sometimes people have heard that they need to not visit for a few weeks to allow the person to 'adjust.'

- THIS IS OLD SCHOOL THINKING.



- The person living with dementia needs a reference point as we all do in new environments.
- Not seeing people with whom they are familiar can make them feel lonely, depressed and disoriented.

- Come and visit as much as you want and at different times of day and as you are able to. It's important to take care of yourself too.
- Most facilities offer recreational activities in the afternoon and evening or have regular programs you might want to enjoy with the person you love and support.

MUSIC, THE BEAUTIFUL DISTURBER OF AIR
LISTEN LISTEN LISTEN LISTEN

MUSIC hath
no HARM
to SOOTHE
the SAVAGE
breast

To SOFTEN
rocks
OR
bind A
Knotted



IF MUSIC be THE food OF LOVE
PLAY ON!



We are
the MUSIC
Makers
AND
WE ARE
the
DREAMERS
of
dreams

IT IS WELL SAID to be THE SPEECH OF ANGELS



MUSIC
WITH
OUT
MUSIC
Life
WOULD BE THE
MISTAKE

MUSIC IS
OVER
IN SEARCH OF A WORD

NO
FRIEND
LIKE
MUSIC

WHEN THE
heart
IS BROKEN
TO MEND
its
WINGS
and GIVE IT

FLIGHT
again

Charles Hayden © 2002

- You will also want to come in as you are able, to ensure that the person who has been placed is settling in well.

This can take as little as a week or as long as a month or sometimes more.

Try to be patient with the process and make sure that you have a contact person you can check in with regularly if you have questions.

- ‘Settling in’ can manifest in many ways.
- Some people long for home. What happens when a person with dementia asks to ‘go home’? What are they asking for?



- They might be expressing that the new environment is unfamiliar to them and they are looking for a sense of familiarity, a sense of predictability or a sense of love.
- With time, the routine of the personal care home changes little and becomes more predictable for people.

- For other people, they seem to settle in right away and not miss the environment they came from.
- This can be difficult for families and friends especially if the person seems to not recognize them anymore and as the care giving role has been given to staff in the personal care home.

- Be gentle with yourself during this 'adjustment' time. It is an adjustment for everyone.
- Keep in mind that staff might provide care differently than you did and you need to understand how the care is being provided and if there is any role you can play in assisting if necessary or possible.

- After a six or eight week period, families and/or families will be invited to a post admission care conference.
- By this time the various disciplines will have had the opportunity to have met the new resident and complete an assessment.

- This post admission care conference will also share information about the person who is the subject of the meeting.
- This is why the 'getting to know me' form is so important. It lists things and events that are important for staff to know about the new resident.

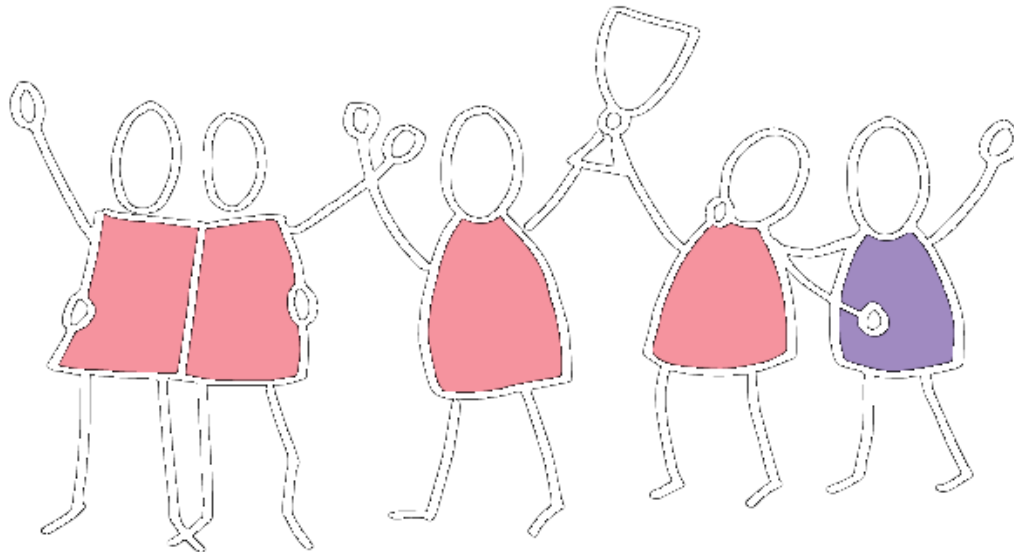
GETTING TO KNOW ME

This form will ask for

- names of family members
- what events were important to the person
- what they like and what they enjoy:
 - favourite colour
 - preferred season
 - kind of music
 - type of books
 - favourite tv shows

You are an important member of the person's life and will always be important.

You will be asked to make many decisions for a person who is unable to make them and so, you are a member of the care team.



You have the right to ask questions and are expected to advocate for the person living in the long term environment.



ADVOCATE

- You are always welcome to ask questions and be part of any and all decision making for the resident.
- The social worker will be your ally in this journey as well.

QUESTIONS??

