

How to Prepare Your Parents For Living in a Long Term Care Facility:

- 1** It is possible that there is a waiting list for Bethany Community. It is better to get on a waiting list in a facility of their choice than have to be moved into another because it is the only available room. Place their name on the waiting list well in advance of their need for services.
- 2** In looking for a facility, try to find one you feel comfortable visiting. If you aren't comfortable, it is likely your parent won't be either. Visit at different times of the day to see how different staff interacts with residents.
- 3** Allow your parent time to express their feelings about this very important life transition. There may be concerns about this move or their new living arrangements that can be eased by conversation with our staff. Time to express feelings helps with the adjustment process. To parents who are functioning at a high cognitive level, openly express your emotions. Communicating your respect for a beloved parent even with recognition of diminished functioning can do a lot to ease the pain the transition.
- 4** Make a plan with your parent for weekly outings, if possible. If you cannot leave the facility with your parent, make a weekly visit a priority.
- 5** Allow your parent to talk about death and his/her concerns, what type of service they want, and share your love with her/him.