



### Share History with Memory Care Staff

Share stories, information, and photos with staff to help them learn your loved one's history, including their past profession, current and past hobbies and interests, and family life. The more staff knows, the more personal the experience they can create. Staff can build a good relationship with your loved one and help facilitate friendships with other residents.

### Determine the Best Time to Move In

Find the right time of day for your loved one as well as for the memory care community. Plan ahead so you can have them participate in a meal or an activity right away.

### After the Move

Keep your mood upbeat and positive when you're around your loved one and establish a regular visiting schedule. Get to know the staff and stay in close communication. If you're in need of support, reach out. There are many support groups and resources that can help you be strong for your loved one.

It can take time for everyone to adjust to memory care. Allow two to three weeks of some ups and downs. Throughout this time, communicate often with staff and don't be afraid to ask for guidance along the way. Soon the move will be behind all of you, and a new normal will be established.

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# Good Planning CAN SMOOTH THE TRANSITION TO MEMORY CARE

BY ALE CABALLERO DIAZ

Moving your loved one into a memory care community is a big change for them, and as a caregiver, it can be very emotional and challenging for you as well. But there are many things you can do to help make the transition successful.

### Talk About Moving

It's important to gauge how your loved one reacts to the idea of moving. If the topic is stressful, don't talk about it too much and move slowly. If they're interested, take them along on tours during their best time of the day.

### Learn About the Community You've Chosen

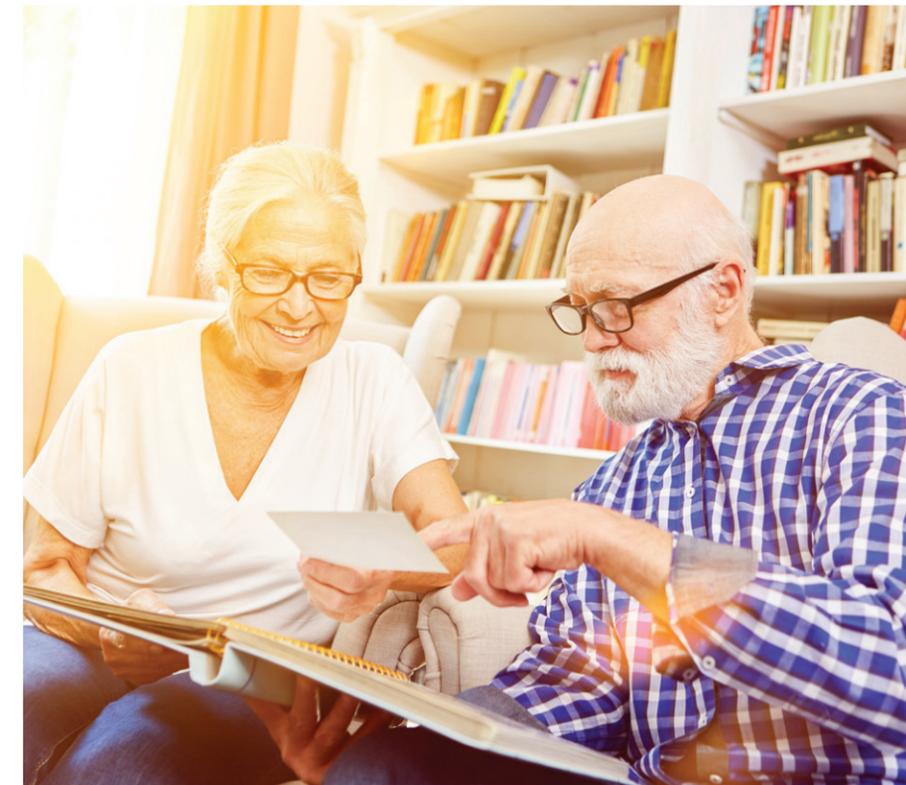
What's a typical day like? What routines are in place? How do meals work? What are the activities? What options are there to make the apartment homelike? What are the visiting policies?

### When to Talk About an Upcoming Move

This is a common question. It's usually best to wait until two to three days beforehand. You may also consult with the memory care community you've selected about specific concerns.

### Keep the Move Simple

Don't bring too many items. It can be overwhelming for a person living with dementia to live in a cluttered environment. Narrow it down to necessary items and belongings to make the new apartment feel like home. Move items into the apartment before your loved one arrives to make it as organized and familiar as possible. Bring items such as a cozy bedspread, family photos, furniture, and favorite mementos. And, if possible, set up the apartment in a similar way to what your loved one is already used to.



## CAREGIVER & FAMILY PROGRAMS

*Caregiver, educational, and informational programs and resources are listed.*

**ALZHEIMER'S & DEMENTIA ALLIANCE OF WI PROGRAMS**  
(608) 232-3400 or (888) 308-6251  
[alzisc.org](http://alzisc.org)

*Alzheimer's & Dementia: First Steps for Families:* Learn about dementia-related diseases, what families can do, and resources to help.

*Boost Your Brain Health: Tips to reduce your risk of Alzheimer's & dementia:* Learn how the brain works and receive tips on improving your brain health and how to lower your risk of developing dementia through nutritional and lifestyle advice.

*The Caregiving Journey:* An intensive program for family members caring for someone with middle- to late-stage dementia to increase understanding of the effects of dementia, gain insights into caregiver strengths and challenges, enhance problem-solving skills, and develop an individualized care plan.

*Communication Tips and Strategies:* Learn ways to effectively and compassionately communicate with someone who has dementia.

*End of Life and Dementia:* Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages.

*Family Dynamics in the Dementia Journey:* Discover ways dementia impacts families and the value of recognizing and accepting each person's strengths and weaknesses as caregivers.

*Is it Time for Facility Care?:* This program will review things to consider when making the decision to move to facility care.

*Legal and Financial Planning Workshop:* A seminar for families providing a general overview of legal and financial issues to consider for loved ones with memory loss, Alzheimer's disease, or other dementia.

*Understanding Alzheimer's and Dementia:* Learn the difference between Alzheimer's