



# HOW TO PLAN AND TALK ABOUT MOVING



Moving can be a major cause of stress in a person's life. Dementia can make it difficult to adjust to a move. However, a move is sometimes needed for the person's health and safety. You may be wondering,

## When might a move be necessary?

Often, a person with dementia does not know a move is needed. As dementia progresses, family and friends can look for signs. It might be time for a move if they:

- Have trouble doing household chores/tasks
- Have challenges leaving home
- Have lost friends or regular social outings
- Have a caregiver who is experiencing burnout or illness
- Do not have a caregiver

For more tips on choosing the right time for a move and steps to help make it easier, [Click Here](#)

# How to support the person with dementia

- Start by being honest with the person and their family members about worries.
- Be a good listener.
- Talk through the difficult feelings.
- Reassure the person that you are all making the best decision possible.
- Communicate that they do not have to do it alone.
- Talk to others who have been through this process. Check out the retirement home and long term care support group for caregivers: [Click Here](#)
- Remember to take care of yourself. For tips on adjusting to a move as a caregiver, [Click Here](#)

## Strategies for talking about a move

Often, a person with dementia feels like they are losing control over their life. This can cause a person to become upset when thinking about moving. Here are some tips to help reassure them:

- First plant the seed. Don't approach the person as though you have already made the decision for them.
- Don't push unless you consider this an emergency. Wait for a day when you feel ready and the person seems open to planning ahead.
- Use "I" statements such as "The grandchildren and I really miss you and would love if you lived closer."
- Check-in with friends of your relative. If thinking about a move to a retirement home, the person may feel better if someone they know is already living there.
- Focus on the positive. For example: "This place does regular trips to the mall, and the park. You can even have your own hairdresser!"
- Focus on independence. For example: "There is no yard cleanup, but flowers can be tended to. There is plenty of freedom to be alone, but company when you want it."
- Keep the person involved. Ask them to help pick out important pictures, items, furniture to bring to the new home.
- Use professional connections. Ask your doctor, a Senior Housing Advisor, or a Dementia Care Coach for their advice and support. Visit [dementiahelp.ca](http://dementiahelp.ca)

## More information on this topic

- Changing places: Should your parents move in with you?: <https://www.caregiver.org/changing-places-should-your-parents-move-you>
- Tips for making the transition: <https://chartwell.com/en/blog/2016/08/tips-for-making-the-transition-into-a-senior-living-community-easier>
- Dementia Society Workshops and Webinars: <https://dementiahelp.ca/programs-services/ottawa-programs/>
  - Supporting Dementia Workshop
  - Understanding and Accessing Home and Community Care
  - Financial Information for Caregivers

**Ottawa:** 613-523-4004 **Renfrew-County:** 1-888-411-2067 | [info@dsorc.org](mailto:info@dsorc.org) | [DementiaHelp.ca](http://DementiaHelp.ca)

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