The first 30 days after a move

How to help a loved one settle in after moving to senior living.

- Week 1: visit often but briefly; make the room familiar with photos and favorite things
- Meet the care team; share routines, preferences and what calms them
- Week 2: encourage one activity or meal with neighbors
- Week 3: check the care plan and medication schedule with the nurse
- Week 4: hold a care conference; ask what is going well and what to adjust
- Expect ups and downs; adjustment often takes a few weeks to a few months

General information only, not medical, legal or financial advice. Programs and amounts change; confirm with the official source or a qualified professional. Novita Way LLC serves families in Pinellas, Hillsborough, Pasco and Manatee counties, Florida. Placement help is free to families.