

Table of Contents

Acknowledgments	i
Introduction	ii
The Decision to Move Your Relative	1
Keeping Your Relative at Home	2
Making the Decision to Move	4
Advantages and Disadvantages to Moving	5
Why Moving is Hard	7
Locating Residential Care Homes	9
Next Steps.	12
Preparing Yourself for the Visit	13
After Your Visit.	16
Visiting with (or without?) Your Relative	17
Making the Move	21
Talking to Your Relative about the Move	22
Planning for Moving Day	26
Moving In.	29
After the Move.	31
Building Relationships with Staff	32
Some Suggestions for Visiting	33
Common Emotional Reactions of Families.	37
Common Emotional Reactions of New Residents	42
Worksheet	47
Suggested Readings	53
Authors' Note	55
