



SENIOR DOWNSIZING FEELING JUST LIKE HOME

“I’ve worked with seniors for many years and received a lot of great feedback about their move-in process. Here are some of my thoughts and family talking points...”

- Bobbi Kelly, Marketing Director
Waterford Estates

FURNITURE

Less is better. Fit your furniture to the selected floor plan. A copy of our floor plan(s) are available on-line or by asking your community liaison. Think about the future and situations where you may need to maneuver a wheel chair, walker or scooter -- leaving ample space. Downsized furniture may need to be purchased in order to accommodate the smaller spaces or the lack of storage space. Consult your loved one and involve them in the purchase-making decision. (Note: I always recommend a two person dining table with arm chairs)

CLOTHING & LAUNDRY

Unless you are moving into a two or three bedroom suite, I recommend you bring 3-5 pair of pants/slacks, 7-10 tops, 3-4 sweaters, 2-3 coats, plenty of undergarments, 3-4 sets of linens/bedding, 2 blankets and 4 bath towels/wash cloths. Encourage a routine that includes weekly laundry. (Tip: Ironing boards are provided in each laundry room but you will need your own iron)

STAY OVER

The first 48-hour period can be very stressful for many new residents. I encourage families to stay overnight and/or frequent the community --- attending activities and dining with the resident over the first few days. (Tip: Help the resident explore their new home and get comfortable navigating the halls and locating shared areas)

COLORS POST-IT NOTES

The resident must be involved in the decision making process, whenever possible. They will have specific ideas of what they would like and it is very important to empower them and let them make decisions for their new abode. They usually have an emotional attachment to their current belongings and feelings about what they would like in their new home. Enable them by purchasing four colored sticky note pads and identify what each color will mean. This will help them to visualize what will be packed and help other to organize the move. For example, green = bring to Waterford; yellow=unsure/would like to bring but not certain, blue=donate, sell or give away to relatives. (Tip: compromise when it comes to the number of emotionally challenging items that may not make sense to you but may be important to the senior to bring)

BATHROOM SAFETY

Invest in a shower transfer bench, toilet handrails/bars, toilet seat riser and a hand held shower wand. Also consider a bolted lock box for securing valuable items. (Tip: talk with our move-in coordinator about these items)

SHELVING & SPACE SAVING

Additional shelving, hooks, cabinet/closet organizers, etc. may be needed to store belongings and personal mementos. Specifically analyze how much shelving will be needed to store your belongings and install additional shelving if necessary. Consider an office size garbage can in the kitchen and place it under the sink, while using a small “Wal-Mart shopping bag” as a liner. Encourage a routine that includes daily trash removal. (Tip: keep utensils and kitchen dishes to a bare minimum!)

THE FINISHING TOUCHES

Familiar art, photos, remote control(s), etc. are extremely important when making an emotional transition less traumatic. Each room should feel familiar --- by bringing favorite items that are associated with happy memories. I do not recommend bringing safety hazards such as step stools and throw rugs. Our maintenance team will assist with light bulb replacements and family can help with decorating/hanging pictures. The finishing touches (Tip: curtains, color, doilies, etc.) are very important to ensure they feel warmth upon their arrival.



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