



Comfort, Routine & Care

Anticipate an adjustment period of 30-90 days

In the first few weeks, we are building trust, creating new routines, and ensuring the new resident feels safe, comfortable, and cared for.

Shorten the explanation

Overexplaining to your loved one they are no longer safe to live alone can invoke anxiety and fear. Shorten the dialogue. Focus on safety and support. Provide reassurance and guidance throughout the transition.

Start with short visits

Allow some time for your loved one to acclimate to a new environment. Start with short visits, especially around an activity or a meal. Avoid sundowning time as symptoms of dementia can increase during this time (usually seen in afternoon-early evening but can begin earlier).

Make the room feel familiar & comfortable

We use soft, coastal paint color options for our rooms. Decorate the space with a favorite chair, family photos, same bed spread & other decor from home. Make a personal touch by providing a resident life bio for staff to hang on the outside door.



Give yourself some grace

Making the decision to move your loved one into memory care is an emotional and difficult decision.

We are here to support you and your loved one on this journey.



Be a partner in your loved one's care

Provide staff with important details about your loved one. This helps us get to know your loved one before they even step into our community.

- Favorite hobbies
- Routine and lifestyle choices
- Talents
- Level of assistance needed
- Former occupation and education
- Safety concerns
- Family involvement
- Religious beliefs
- Personal preferences
- Goals of care
- More!