



Heartfelt

SENIOR SOLUTIONS

Supporting Seniors, Guiding Families

Guide 3:

Preparing for the Move – A Family Transition Guide

Moving a loved one into senior living is an emotional transition, but it's also a chance for renewal. Many seniors bloom again with new friendships and activities. Their most common regret? "I wish I had done this sooner."

Steps to prepare:

1. Plan Ahead – Start early, take it one step at a time.
2. Downsize with Care – Sort together, focus on comfort items.
3. Create Familiarity – Bring cherished belongings, recreate routines.
4. Moving Day Matters – Be present, keep the day calm.
5. Communicate & Reassure – Acknowledge feelings, highlight positives.
6. Support Family Members – Share responsibilities, support one another.
7. Stay Connected – Visit often, encourage engagement, celebrate milestones.

The move is the start of a new chapter – not the end. Many families find their loved ones blossom again, regaining purpose and joy.

Guidance for Life's Next Chapter

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