

THE CAREGIVER JOURNEY!

QUESTIONS TO CONSIDER WHEN HELPING YOUR FAMILY MEMBER ENTER RESIDENTIAL CARE

Making the decision to relocate a parent, spouse or relative from home into residential care can be one of the most challenging decisions caregivers have to make. This resource suggests three potential stages that may be important and features questions for caregivers to consider when making a care transition.

1. RECOGNIZING CHANGES...

Whether gradual or sudden, your family members' care needs have become more complex and you are finding it challenging to keep them safe at home. Future care planning decisions have to be made and good communication is essential.

- Have I listened to their wishes for care?
- What does their doctor or specialist think?
- Do they qualify for residential care?
- What is a health care assessment?
- How might their health condition change?



2. MAKING A DECISION...

Once the decision to move from home to residential care has been made, it's time to prepare. Gather information, ask questions, and get answers!

- Consider the legal and financial implications of a move
- How can other family members help?
- Can we pick which facility?
- Do we wait at home or in the hospital? If we wait in hospital, is there a fee?
- How does the waitlist work?
- How long do we have to accept the first available bed?
- What if the facility just isn't a good fit?



3. FINDING A NEW BALANCE...

Once your family member has been moved, your first couple of visits may be challenging. You might have feelings of guilt or 'giving in', but as they start to settle in, things will get easier.

- Have I established a positive relationship with the facility staff?
- What is a care conference and who creates a care plan?
- Have I provided a social and medical history?
- How can we make it feel more like home? Recreational activities?
- Self-care is important, am I looking after myself?



RESOURCES

- *Physician*
- *Health specialist(s)*
- *Local health authority*
- *Health Services Line*
- *Case manager*
- *Others?*
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NAMES & NUMBERS

- *Financial institution*
- *Lawyer*
- *Prospective facilities*
- *Local health authority*
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- *Transportation*
- *Director of Care and Social Worker at facility*
- *Community supports*
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WE'D LOVE TO HEAR YOUR FEEDBACK!

This resource emerged from a collaborative project between the University of Victoria and the Fraser Health region. Do the three stages and questions for consideration resonate with you? Let us know! For more information, please contact Denise Cloutier, PhD at the Institute on Aging and Lifelong Health at the University of Victoria (dcloutier@uvic.ca).



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