

A tool for navigating the transition
from home into a long-term care facility

This tool has been designed from the experiences of caregivers like yourself. It is intended to be a resource for you to add information and record details to help you in your caregiving journey. There are many factors to consider when helping your family member transition into a long-term care facility.

Making the decision to relocate a parent, spouse or relative from home into a care home can be one of the most difficult decisions caregivers have to make. This resource suggests three phases that can be common to this experience.

phase one

my journey

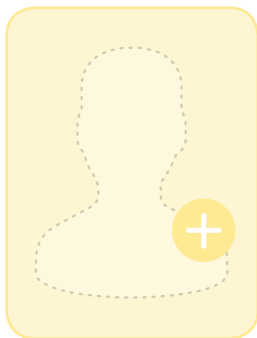
Name:

Phone:

Have a conversation with your family member. What are some of

getting to know me

On this sheet, record important information about your family member. This can be shared with your health care team.



About Me

Name	
Hometown	
Languages I speak	
Places I worked	
No. of kids/grandkids	

In a typical day, I like to...

My favourite things include...

Foods	
Colours	
Music/Songs	
Hobbies	

My least favourite things include...

Foods	
Colours	
Music/Songs	
Hobbies	

Other things I want you to know about me...

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caregiver check-in

Self-care is i



If a long-term care facility has been chosen as the best option, you will need to shift your attention towards preparing for the move.

Consider your role in picking a long-term care facility. List some

Find out how long you have to accept the first bed that becomes available at different long-term care facilities. Some facilities may have different timelines.

Facility	Acceptance Deadline

Make note of what needs to be in place before arriving at the facility with your family member? (e.g., furniture, personal items, etc.)

Find out who is responsible for transporting your family member to the facility. Will there be a cost?

Driver: _____ Phone: _____

Cost: \$ _____

Ask the facility for guidance about move-in day and your role in this process.


- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

This can be a very challenging time, especially if your family member does not wish to go into the chosen long-term care facility. Be patient and kind with one another. Seek as much help and guidance as you can.

phase
two caregiver
check-in

Self-care is important at all phases of this journey

Date:

The background features large, overlapping, wavy shapes in shades of teal and yellow. The teal shapes are positioned in the upper half, while the yellow shapes are in the lower half. The overall aesthetic is clean and modern.

With all that is going on, take a moment to think about how you are doing. It is still important to look after yourself in order to continue to care for your family member.

phase three

Providing ongoing support to your family member



Date:

Once your family member has relocated, your first couple of visits may be hard. As your family member starts to settle in, things should get easier.

Aim to provide the care facility with a social history of your family member. Set-up a meeting and provide them

What can you do to make the care facility more home-like for your family member? (e.g., lamps, pieces of art, furniture, plants, etc.)

Ask if there is a family council or a family support group that you can join at the facility. This may help with information and communication exchanges, as well as provide an opportunity to share experiences.

If the facility isn't a good fit, what other options may be considered?

Talk to your family member about their future wishes. Look into substitute decision-making, power of attorney, advanced care planning, and preparation for end of life. Use the space below to record the highlights from these conversations.

Resources

Name	Contact	Organization/Specialty:
bc211	Dial 211	information & referral service
Health link BC	Dial 811	health questions & advice
Better at Home	1 (604) 268-1312 betterathome.ca	information & referral service
Family Caregivers of BC (Caregiver Support Line)	1 (877) 520-3267	caregiver support, information & referral, system navigation, education

Other Resources

Name	Contact	Organization/Specialty:

Notes

Blank area for notes.

The caregiver tool emerged from a collaborative research project between researchers at the University of Victoria and the Fraser Health region, in British Columbia (BC). This tool is based on experiences and insights from family caregivers' who have helped family members move from home into a long-term care facility. The researchers then reconnected with the original caregivers and with family support networks across BC to ask about the value of this tool for helping families during this time.

