



How to Prepare for Admission into a Nursing Home

Preparing Yourself

If you have chosen a facility to meet your short-term or long-term needs, you might understandably have some apprehension about entering the facility, despite having done your research. Nursing homes have resources available to you to help you adjust on both a physical and emotional level. Social workers, admissions staff, Chaplains and Resident Council members are generally available to help you make the transition or for general support. If you feel you need to talk openly with someone, do not hesitate to ask the facility about access to these services.

Talking to Your Loved One

We recognize that this is a difficult time for both you and your loved one. Many factors come into play and entire lives can be disrupted. If this is a short-term stay, it may be merely a matter of discussing the patient's care needs. If this is anticipated to be a long-term placement, you have to recognize the individuality of the situation. To the greatest extent possible, potential residents should be involved in the decision-making process. Cognitive ability, emotional history, current state of mind, and physical status may impact on their ability to take part in the selection process. Be honest, be forthright and, most of all...be supportive.

What to Bring

We suggest you bring the following:

- Clothing that is comfortable and does not require dry-cleaning and preserves the resident's dignity and right to choice in what he/she wears (Having clothing marked with resident ID or name is necessary and always a good practice.)
- Photographs and memorabilia
- Personal effects such as makeup and hygiene products
- Eyeglasses, dentures, hearing aids, and prosthetic devices (Once again, make sure they are marked with resident ID or name ahead of time if possible.)
- Copies of all insurance cards and/or legal documents (i.e., living will, Power of Attorney, etc.) that facility will need for their records

Being able to create a home-like environment is important; however, sometimes space is limited. We suggest you check with facility staff before bringing:

- Personal furniture
- Electrical equipment (i.e., Martha & Mary puts a limit on size of personal televisions for safety reasons.)
- Personal medications
- Alcohol

- Food and snacks
- Refrigerator

Check with the facility for its policy on the following:

- Smoking
- Labeling clothing
- Telephone, television, and computer access
- Storage and security of personal items