



## Checklist for Moving a Parent Home from a Care Facility

Is it the right thing to do? Questions to consider:

- What care needs have changed since your loved one was home with you?
- What were the original reasons they moved into a facility?
- If returning to their home, will your family member/loved one remember it or will it be like a stranger's home to them? If moving to your home, will the physical set up work? Will your loved one have issues being in an unfamiliar environment?
- Have toileting needs changed since he/she lived with you?
- Does your loved one have memory issues and, if so, can they be left alone and what arrangements do you need to make for their safety? (The same questions apply for those with limited mobility, issues with falling, etc.)
- Is your bathroom set up to be a safe and comfortable environment for you to give your loved one a shower? And will you be able to do this?
- Are you physically and mentally capable of being a 24/7 caregiver again?
- Are other family members on board with this decision?

Preparing for the move:

- How will you transport your loved one home and to any appointments?
- What information do you need from the facility? To possibly include:
  - List of current medications
  - Doctors/providers list, recent doctors' visits, treatments, any follow up appointments they had scheduled (for example, the facility might have a Dr. or podiatrist who visits, what arrangements do you need to make now?)
  - Care plan and items your loved one requires help with
  - Any changes to diet or eating patterns
  - Copies of their records

- Do you have a support care team to help you? This might include:
  - Care manager
  - Home care support for respite
  - Homebound physician services (or telehealth)
  - Home health
  - Support group
  - Friends
  - Family
  - Neighbors
- What equipment will you need at home?
- What is the back up plan in the event YOU have an emergency and need to be hospitalized?
- How will you manage medications?
- Do you have copies of their advance directives and medical history accessible? How will you manage medical care coordination?
- Are you also caring for children or grandchildren and how will you manage the needs of the different generations?
- Are you or a family member working from home? Will that create any conflicts or will you need respite care to help during key work times?
- What equipment is needed if you bring your loved one/family member back home?
- Are you able to set up delivery of personal supplies? How will you juggle caregiving with your other duties and getting groceries, medications, supplies?
- What will your plan be if evacuation is required during hurricane season?

This is a big decision and raises many questions. Where do you start? We recommend you start by calling EasyLiving Home Care and Care Management at **727-447-5845** or **813-333-5020** or emailing us **admin@easylivingfl.com**. We offer free phone and video consultations to help you determine the next steps.