THE Courtyard at OSHKOSH
ASSISTED LIVING & MEMORY CARE

THE FAMILY GUIDE TO SENIOR LIVING CHANGES

The conversation around assisted living and memory care creates stressful situations for many seniors and their families. This family guide can help you identify common ground and make the transition with more confidence.



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Part 1: Self-Assessment for Senior Living Readiness

These questions can help establish a baseline for how urgent the change to senior living could be in your family's situation:

Family Self-Assessment	
Has your loved one had one or more falls, or do they seem unsteady on their feet?	☐ Yes ☐ No
Are medications being missed, doubled, or taken at the wrong times?	☐ Yes ☐ No
Have you noticed weight loss, spoiled food in the fridge, or skipped meals?	☐ Yes ☐ No
Have cleaning, laundry, yard work, or house repairs fallen significantly behind?	☐ Yes ☐ No
Does your loved one spend most days alone, with little social contact?	☐ Yes ☐ No
Is unopened mail piling up, including unpaid bills?	☐ Yes ☐ No
Have you seen changes in memory, such as repeated questions or confusion about dates?	☐ Yes ☐ No
Is driving becoming a concern for your loved one or for others on the road?	☐ Yes ☐ No
Has personal grooming or hygiene slipped from their usual routine?	☐ Yes ☐ No
Do you feel stretched thin or worried much of the time due to your loved one's situation?	☐ Yes ☐ No

What Your Answers Mean

This simple self-assessment helps families discuss what they have observed and track their timeline for transitioning to senior living. No minimum number of "yes" answers automatically indicates assisted living. Your loved one may need simple reminders or occasional home care to manage multiple minor issues, or a single "yes" may be so severe that it indicates an urgent need for change.

Speak with a community team member about what you have observed to learn more about the care options that make sense.

Part 2: Moving Checklist for Senior Living

Once you have decided to move forward with a senior living community, a clear plan keeps the transition gentle for everyone. These checklists can help you keep track of the important details:

The Weeks Before the Move

- ☐ Tour the community together and ask your loved one what they think
- ☐ Confirm the level of care needed with the community team
- ☐ Ask the team how they welcome and support new residents in the first weeks
- ☐ Start sorting belongings, aiming for one room at a time
- ☐ Change mail forwarding, doctor and pharmacy information, and other addresses
- ☐ Talk through feelings openly, and reassure your loved one that this is a step forward

Move-In Day

- ☐ Set up the apartment before arrival with familiar furniture and belongings
- ☐ Bring a few comfort items and everyday essentials in a separate bag for the first night
- ☐ Keep the day calm and unhurried, with only one or two family members on hand
- ☐ Introduce your loved one to their care team and a neighbor or two
- ☐ Share a meal together in the dining room to end the day on a warm note

The First Month

- ☐ Visit regularly, and keep up familiar routines like a morning walk or a weekly phone call
- ☐ Encourage your loved one to join activities and meet neighbors at their own pace
- ☐ Check in with the care team about how the adjustment is going and what you notice
- ☐ Find a small win, like a new friend, a new class, or even a mood change
- ☐ Keep other family members in the loop and encourage visits and calls

A Change for the Better

Making a change to a senior living community can feel daunting for everyone, but the right planning can make it go much smoother. The Courtyard at Oshkosh offers assisted living and memory care in Oshkosh, Wisconsin, but the work doesn't begin and end on move-in day. Our team is here to guide you through every step of the process.

This guide should not replace medical advice. Talk with your doctor regarding any issues you may experience, especially if you suspect memory loss, dementia, or Alzheimer's.