

## Moving into a nursing home

Do you find yourself in the middle of the complicated process of finding the right nursing home for your loved one? This is not always an easy process or time for the family. There are a myriad of practical tasks to be accomplished and it can be a confusing time for everyone involved.

Sometimes shifting your perspective can change the way everyone involved understands what might seem like a stressful situation. Moving into a nursing home, though intimidating, can also be an exciting time, as parents and children become more independent, depending on the circumstances. There are important aspects of this period to consider, and it can all get a little easier when going through it as a family.

### The practical stuff

So, you have decided to take the jump and give your parents or yourself some independence. Next to the right facility, what is the first step here? The first step is personal belongings. There are usually a lot of sentimental personal items and forgotten memories that need to be sold and sorted. On top of the little things, there can be processing of property, assets, vehicles, divers licensing and other official paperwork that needs sorted.

Does your mother or father still have their drivers license? How long are they going to continue driving? Does the car need reregistering? Getting through important paperwork and seeing to personal belongings can be confusing and stressful in the best of times. Getting the practical things in order as a first priority, however, can ease the rest of the life change and decrease stress for the entire family.

### What now?

So all the paperwork is in order and personal belongings are sorted. – What now? Any move is difficult to adapt to no matter how old you are or where you are moving to. Humans are just not psychologically geared toward change.

Surprisingly however, change is necessary for a healthy human psyche, even when it feels uncomfortable. When we enter a new and unfamiliar environment, we feel anxious and detached. The secret is to build attachment and familiarity as quickly as possible.

Nursing homes often offer easy accessibility to new hobbies and social gathering. Being social creatures, it can be very easy to manipulate your environment to feel safe and familiar by remembering what we as humans need in order to feel safe.

Our bodies crave activity and exercise has not only been proven to improve quality of life, by decreasing depression and mood fluctuation, it has also been shown to increase the desire to be social and minimize effects of Alzheimer's and dementia.

With easy access to sports and activity clubs in a nursing home, its easy to get involved in a program designed for the needs of your loved one. [LINK GYM COMPANY](#) is one such facility with lots of opportunities for the whole family.

While moving into a nursing home can feel very uncomfortable, getting help with the moving process and finding little tricks to get you involved and familiar with your new environment, you can effectively change your perspective to welcoming this new and exciting life change.