



# LIONS GATE

Lifestyle. Care. Community. Tradition.

## Simple Tips to Make Long-Term Care Feel Like Home

In order to make the transition to long-term care more comfortable for yourself or a loved one, be sure to visit the community as many times as you can. Each time, talk to the residents and attempt to make some new friends beforehand. Be sure to know where everything is in the community and see if it's possible to participate in activities ahead of time, doing these things can help you or a loved one become more comfortable prior to moving in. Try some of the following tips to make long-term care feel more like home.

### Personalize your room to make it feel like home.

In a new and unfamiliar place, one of the first things people crave is something that makes them feel like they are home. If possible, set up the room before you or a loved one move in. Not only will this take some of the stress out of moving day, but it can help you or your loved one settle in and feel more comfortable. While it may take some getting used to, many find that their community begins to feel like home in no time. Try incorporating some of the following items to make your room feel more comfortable instantly.

- **Furniture.** If at all possible, measure the room beforehand to get a feel of if any of your furniture will be able to be brought along. It may be possible that you or your loved one is emotionally attached to a specific chair as it was “theirs”. If it will fit, take it along.
- **Bedspreads, pillows and curtains.** Make sure that you bring bedspreads and pillows from home, as you or a loved one may be accustomed to them. If there are certain blankets or quilts that you or a loved one prefer to use, take them along. It can also help a room to feel homier if the curtains and rugs are the same as or similar to what was in the previous home.
- **Robes and comfy clothes.** If you or a loved one like to lounge in your robe or comfortable pajamas and slippers, be sure to pack those along and place them in a prominent spot so that there is easy access to them. This may be one of the smallest comforts, but it is certainly significant in make long-term care feel like home.
- **Decorations and pictures to hang.** Do you or your loved one like a particular theme for a home or collect anything? If you or a loved one's home had a particular theme to it, try to incorporate it as much as possible. If the walls had photographs or artwork, hang some of it up.
- **Photo albums.** If there is a time you or a loved one miss home, it can help to bring out some photo albums. This can be especially helpful in making them happy and can also fill up downtime.

*Inspiring Wellness!*



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### Make long-term care feel more like home by building relationships.

What makes a place feel like home isn't always the material things. It's possible that home is a feeling, where your friends and family are. While friends and family may visit often, living in a long-term care community affords you or your loved one the opportunity to make new friends and build new relationships.

- **Chat up the staff!** As some of the first people you or your loved one will meet in the long-term care community, get to know the staff and let them get to know you. As these are who will be taking care of you or your loved one, it's important to build a trusting and open relationship, as this will pave the way for a higher quality level of care.
- **Get to know other residents.** Talk to neighboring residents and leave the door open. This shows that you or a loved one want to talk and are happy to have some company. Making friends decreases the chances of becoming socially isolated, which also then decreases the likelihood of depression and the health problems that can follow it. Once you make some close friends, you may then find yourself or a loved one participating in more activities and happier to be there.
- **Get involved in activities.** Even if you or a loved one have not yet made many friends, check out the events calendar. If you find that the long-term care community offers activities and programs that you or a loved one may be interested in, go. This is one of the best ways to help others get to know you and easily one of the best ways to make some friends. Soon, home begins to be the place where you are involved in things you love with people you love.

### Experience Lifestyle, Care, Community and Tradition at Lions Gate.

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Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire wellness as well as social, cultural and spiritual independence.

To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!

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