

The process of considering a change of living environment, whether for yourself or for the person you are caring for, can raise concerns, various emotions such as guilt, and many questions. It is normal to feel confused or even lost, given that this step can have repercussions in several areas of your life. For example: financially, your availability, your commitments, the type of relationships you want, etc.



Why think about it when everything is going well?

Because you don't build an airplane while flying...

"I wish I had had someone to help me think about housing before resorting to emergency accommodation for my loved one. It would have saved me stress and allowed me to make choices that were more suited to our needs."



Recognized as a difficult stage by many people using L'Antr'Aidant's services, the facilitators of support groups dedicated to caregivers accompanying a loved one in residential care have come together to gather the expertise of participants.

This tool was therefore developed with the aim of giving a voice to those who have lived through this experience, in order to promote informed decisions and support the thinking of those who are committed or considering committing to this stage.

Questioning yourself can therefore help to :

Make a realistic assessment of each person's needs and limitations.

Take the time to gather information about the options available, based on your situation.

Equip yourself to facilitate the transition when the time comes.

Avoid finding yourself in an emergency situation by taking the time to think things through beforehand.

Be more accepting of certain emotions that can cloud your judgment when it comes to making quick decisions.

If I had known what I know today, I would have... (Accommodation group sharing)

"Thought about accommodation earlier."

"Hung in there!"

"Asked for help with less hesitation."

"Requested assistance from a support worker"

"Set up a less busy visiting schedule, based on my capabilities."

"Kept a logbook that would have helped me with my requests."



What advice would I have liked to receive?

"Be careful about hearing about bad experiences, because my criteria may not be the same as others."

"Take a step back and ask myself: am I meeting my needs or someone else's?"

"Inform myself and prepare in advance on topics such as: power of attorney, separation of property, involuntary separation..."

"Sometimes, accept that we don't have 100% control over every aspect of the situation. That said, we do have control over certain things: our thoughts, our perspective, our words, and our actions."

"Learn about the process of integrating a new resident into different living environments, as it varies from one place to another."



Now it's your turn!

The game presented below can help you start thinking about a change of lifestyle. It's a different way to support you in your reflections and in gathering information.

The rules of the game :

- Can be played with others: family, friends, colleagues;
- You can move forward or take a step back during the game;
- You have the right not to be ready to play;
- The indicator of success or victory is the well-being of the people involved.

16 **Initiate change!**

The roller coaster of emotions

15 **Am I familiar with the different living environments that meet my loved one's needs?**

Senior living facility, family-style resource, intermediate resource, long-term care facility...

14 **Did you know that it is possible to schedule visits during open house days in residential care facilities?**

Move forward 1 space

13 **Who can help me?**

An organization such as L'Antr'Aidant, my family, a friend, a neighbor...

The availability of my network

12 **What challenges do I foresee or am I experiencing?**

Reaction(s) from my loved one, financial insecurity, lack of available housing.

How is your own health?

11 **Talk to the right specialists, depending on your needs (notary, financial advisor, public trustee, etc.)**

Move forward 3 spaces

10 **The judgment of those around you**

9 **What are my loved one's needs?**

Have access to an outdoor courtyard and social activities.

8 **How far am I willing to travel to visit my loved one?**

Less than 20 km, within walking distance...

7 **What is our budget for additional rent?**

Is there any financial support in the form of tax credits to assist with relocation?

6 **Surround yourself with others, for example by joining a support group.**

Move forward 2 spaces

5 **What current and upcoming events are prompting me to consider relocating my loved one?**

I am exhausted, and my loved one's condition is deteriorating.

4 **Did you know that you can meet with a housing counselor for private housing resources?**

Move forward 2 spaces

3 **What are your needs?**

To no longer provide physical care, freeing up time for my own health.

2 **Start !**

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Following these lines of thought, some questions may remain unanswered. A representative from L'Antr'Aidant can accompany you and offer support.

We also have other #SolidairementProcheAidant tools that may answer some of your questions. We invite you to check them out on our microsite: www.outilsprocheaidant.com

- Making a decision, one step at a time
- Living environments and accommodation: finding your way around