

# Tips for the Move to an Assisted Living Community

Making the move to an assisted living community is a big step—and it's one that can bring more comfort, safety, and peace of mind. Still, the process can feel overwhelming at first.

With a little planning and support, your move can be a smooth transition into a new chapter filled with connection and care. Here are some helpful tips to guide the way:



## 1. Take Your Time to Prepare

Start early if you can. Give yourself time to sort through belongings, organize paperwork, and plan ahead. Moving doesn't have to be rushed—small steps over time can make a big difference.

## 2. Involve Family or Trusted Friends

Don't be afraid to ask for help. Whether it's packing boxes or offering emotional support, having others by your side can ease stress and make the process feel more manageable.

## 3. Focus on What Matters Most

You may not be able to take everything with you—and that's okay. Focus on the items that bring you comfort, joy, and memories. A favorite chair, treasured photos, or keepsakes can help your new space feel like home.

## 4. Learn About Your New Community

Before moving day, take time to visit, meet staff, and explore what's offered. Many communities have welcome programs to help you get familiar and make new connections right away.

## 5. Give Yourself Grace

It's normal to feel a mix of emotions—excited, nervous, even a little sad. Allow yourself time to adjust. Most people find that once they settle in, life becomes easier, more social, and even more fulfilling.

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## Looking for a Community That Feels Like Home?

Assisted living communities are designed to make life easier while helping you stay engaged, active, and independent.

*Covenant Living Communities and Services is here to support you every step of the way—from your first questions to moving day and beyond. Learn how we can help make your transition a positive one.*

[Visit our website](#)

Please select one of our locations by visiting [www.covliving.org/locations](http://www.covliving.org/locations) to learn more about Assisted Living.