



Now What?

Settling In After the Decision Is Made

The Days After You Sign

Signing the agreement is a major step, and it is normal for the relief of having a plan to sit right alongside doubt, sadness, and second-guessing. You may feel you have done the right thing one moment and question it the next. None of that means you made the wrong choice. It means you love someone and you cared enough to make a hard decision on their behalf. Be patient with yourself in the same way you are being patient with them.

What You May Be Feeling

- Relief that the search is over and a safe, capable team is now in place.
- Guilt or a sense that you “should” have managed longer at home — a common feeling, not a verdict on your decision.
- Grief for the way things used to be, even when the move is clearly the right one.
- Worry about whether your loved one will adjust, eat, sleep, and feel at home.

This Is a New Experience — The Rule of Three

Adjustment is not a single moment; it unfolds in roughly three phases — the first days, the first weeks, and the settling-in period that follows. Both your loved one and your family move through it. Expect changes in personality, medications, eating, and sleeping along the way, and treat each as part of a normal transition rather than a sign that something is wrong.

	First Days	First Weeks	Settling In
Personality & Mood	May be quiet, anxious, or upset. Some testing of the new setting is normal.	Begins to relax as faces and routines become familiar.	A truer baseline returns; staff learn what comforts your loved one.
Medications	Nursing reviews and confirms the full med list and timing.	Doses may be adjusted as the care team observes day to day.	A steady, monitored routine is in place and reviewed regularly.
Eating	Appetite may dip with the change in food and surroundings.	Favorite foods and mealtime habits become known to the kitchen.	Regular meals and preferences are part of the daily rhythm.
Sleeping	A new room and sounds can disrupt sleep the first few nights.	Sleep usually improves as the space starts to feel like home.	A consistent, restful pattern typically settles in.
The Family	Relief, guilt, worry, and grief can all arrive at once. Give it time.	You learn the staff and rhythm; trust builds with each visit.	You shift from daily caregiver back to spouse, child, or friend.

What Helps Right Now

- Pace your visits. A steady, predictable rhythm helps more than long, frequent stays at first.
- Share what you know. Tell our team about routines, likes, dislikes, and what soothes your loved one.
- Bring the familiar. A favorite chair, photos, or a blanket make the room feel like home faster.
- Let us carry the care. Step back into being family — we will handle the daily caregiving.