



Phase 1: Introduction

Assignments:

- Make a list of what information that you would like to have upon arrival.
- Ask for a staff listing/directory so that you can familiarize yourself with names and faces of staff.
- Schedule a tour and pre-admission meeting with staff.
- Create a bio statement for your loved one to assist staff in getting to know him/her better.
- Determine what personal belongings (pictures, music, books) might be helpful to have.

Looking Ahead:

- What will you need to do take care of yourself and your other family members after transfer?
- Who is in your immediate and extended social network? Are you utilizing them now and how might you utilize them during the next phase?
- Travel may be stressful for you and your injured family member. Unexpected delays or diversions are common. Plan for your own comfort during your trip.

