



Phase 2: Settling In

Assignments:

- Schedule a facility orientation.
- Decorate your loved one's room.
- Make a schedule and meal plan for yourself.
- Complete an approved visitors list list.
- Learn the basics of the rehab process.
- Schedule a meeting with each staff member and/or observe therapies.
- Schedule an initial family meeting. (Write down questions or concerns to take to the meeting).

Looking Ahead:

- How do you want to be involved in the rehab process?
- What do you need to do to continue taking care of yourself and your other family members?
- Understand that everyone's plan is different depending on individual needs. Your loved one's schedule or plan of care will be different than everyone else's.
- Transitions can be difficult and it's normal to see "setbacks" or to get frustrated with repetition of questions as the team gets to know you and your family member.

