

Supporting Clients and Families in Transition to Assisted Living



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Acknowledgments

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Problem

- Relocation is a major life transition
- Transition is complex and stressful for individuals and families
- Resistance is common
- 6.5 million people > age 65 require assistance with activities of daily living (ADLs); double by year 2020



Research Question & Purpose

- What does the literature suggest are the needs of older adults relocating to assisted living facilities (ALFs)?
- How do findings from the literature compare to the actual experience of ALF nurses?
- Identification of needs serves to better inform families & health care workers and facilitate transition



Methods

- Literature review of challenges/needs experienced in relocation process
- Compiled data into comprehensive list
- Developed interview guide
- Interviewed 2 nurses at 2 ALFs
- Compared/analyzed nurses' experiences with literature results



Results

- Most important need is internal support (i.e. new “neighbors”)
- External support (i.e. family, friends)
- Pre-planning and provision of information
- Individual fit
- Autonomy
- Personal possessions
- Continuity of health care



Conclusions & Implications

- Relocation is stressful and can result in negative and positive outcomes
- Careful planning and emotional support before, during, and after relocation promotes adjustment
- Health care workers are the first new neighbors and impact healthy transition
- Next steps: Meeting needs of cognitively impaired and low income older adults.



Insights

- Cultural view of independence affects attitude toward relocation
- Greater understanding of psychosocial factors r/t relocation (i.e. fear, loss)
- Need for patience and understanding from family
- Nurses play an important role in all phases of transition (i.e. providing information, ongoing accurate assessment, emotional support & individualized care)



Thank you for your
attention and interest.