

Moving to Independent Living

A transition and connection checklist



A move into independent living can bring more convenience, activities and community. It can also be a big adjustment. A little one-to-one support can help a new apartment begin to feel like home.

During the move

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| ☐ Unpack essential belongings | ☐ Set up familiar routines |
| ☐ Organize the apartment for easy daily use | ☐ Learn the layout of the community |

During the first few weeks

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| ☐ Accompaniment to meals | ☐ Grocery or personal errands |
| ☐ Trying activities and meeting residents | ☐ Maintaining laundry and household routines |
| ☐ Transportation to outside appointments | ☐ Companionship while adjusting |

After the transition: staying connected

Ongoing companion visits can help someone stay socially engaged, maintain routines, attend appointments, get out into the community and have consistent one-to-one connection between family visits.

This can be especially helpful when adult children or family members live farther away.

Independent living provides community

Dining, activities, shared spaces and less home maintenance can support independence and social connection.

Private-duty support adds individual attention

A caregiver can provide consistent companionship, errands, transportation and help maintaining familiar routines.

The goal is not to take over. It is to provide just enough support to make independence more sustainable.