

3. Make their apartment feel like home

Décor and items that evoke fond memories can warm up an apartment and make it feel like home. Make a list of things your parent would like to have that may help them settle in.

Things to bring from home	New items to purchase
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4. Expect good days and bad days

You and your parent will have moments of happiness and sadness. This is normal as you both process this new transition and life experience. Writing down your feelings is an effective way of releasing emotions during especially difficult moments. Use the space below to journal your thoughts or consider writing a letter to your parent to share how you feel.

If you are having trouble managing a conflict with your parent, as well as experiencing feelings of guilt and frustration, consider leaning on a friend, spouse or counselor for support.

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