

Checklist:

Preparing for Your Parent to Move In

Perhaps your parent has lost a spouse, had an adverse health incident or is becoming forgetful. Whatever the reason – you’ve decided that it’s time for them to move in with you. Now what?

This checklist will help you prepare for the change.

Determine care needs

Talk with doctors and list any special needs, accommodations and support your parent may require.

Make a schedule

Outline how each member of the family can help support your parent, as well as how a professional caregiver would fit in to your parent's care plan if needed.

Modify your home

Identify opportunities to make your home safer, such as removing tripping hazards, installing grab bars in the bathroom and installing child-proof locks if you’re concerned about a parent with dementia.

Manage the move

Moving itself is one of life's most stressful events. List the important deadlines for making the move happen – from enlisting a real estate agent to hiring movers.

Calculate the cost

Removing a rug won't cost much, but remodeling and home health care can add up. List all expenses and determine how you'll pay for everything.

Create a safe space – for yourself

Living with a parent can bring opportunities for both connection and frustration. Identify your needs and how you can meet them despite these changes.
