



*“Do not cast me off
in the time of old
age; do not forsake
me when my
strength is spent.*

— Psalm 71:9



Transition to Assisted Living Milestone Moment

Helping a loved one transition from independent living to assisted living or a nursing home can be difficult. Providing an opportunity to gather with friends and family to have a caring conversation, prayer, and blessing during this time can be helpful. When a spouse or parent ages and is in need of assisted living, we are often in denial.

Aging is inevitable. It happens to all of us. When aging coupled with a need to provide nursing care, housekeeping, and prepared meals arises for a loved one, we are seldom ready. We turn to friends, family, and professionals for advice and guidance.

Recognizing the need, making tough decisions, and finding a home at this time can be very challenging and often disheartening. Cost, location, facility, and other family insights and suggestions make the transition time a difficult one. The spouse or child who is responsible for making decisions will need support and prayers.

Finding the right place is important. Here are ten tips from aplaceformom.com:

- 1) observe the level of cleanliness; 2) visit during an activity; 3) pay attention to staff friendliness; 4) visit the outdoor areas; 5) eat a meal at the property; 6) ask security and safety questions; 7) ask questions about personal care; 8) get feedback from residents and families; 9) ask about move-out criteria; and 10) trust your instincts.

When the decision is made, we invite you to gather with family, friends, and your loved one and provide a time to use the conversations, devotions, prayer, and blessing provided in this Milestone Moment for this time of transition.

The Transition to Assisted Living Milestone Moment incorporates a simple structure that includes naming, equipping, blessing, gifting, and reinforcing so that the Milestone Moment has a greater chance to take deeper root in lifelong faith formation. Moments that allow opportunities for families to gather in the home are special and an important step along our faith journey.


Naming – It is important to recognize the move to an assisted living facility as a challenging step for both the person moving and the family of this person. Naming this can affirm and support all involved on their faith journey.

Equipping – It is important to recognize this time by engaging in caring conversations, devotions, service, and Christian rituals and traditions. These Four Key Faith Practices provide an outline and an opportunity to gather with family and friends to talk about this transition.


Blessing – Offering a prayer and a blessing reminds the family and the person moving of God’s presence in this moment.

Gifting – Providing an aging parent stone, prayer shawl, or a holding cross for the person transitioning is a reminder of this time together. Pictures of family to hang on the wall is another way to help the transition. Providing stones, shawls, or holding crosses for family members can also be helpful as a reminder to pray for their loved one regularly.

Reinforcing – The best way to follow up after doing this Milestone Moment together, is to schedule regular visits when stories, pictures, videos, prayers, and blessings can be shared regularly.




Caring
Conversations




Devotions

Four Key
Faith
Practices



Service



Rituals and
Traditions





Transition to Assisted Living Milestone Moment

For a Small Group or Family Gathering



Growing People in Faith when at Home and Away

“and talk about them when you are at home and when away, when you lie down and when you rise.”

Deuteronomy 6:7b

Having ongoing conversations following the Transition to Assisted Living Milestone Moment can help the person adjust to the new setting. Settling in and establishing new relationships to staff and residents can take time and can be facilitated by family and friends. Remind family and friends of prayers and blessings that can be offered when they visit your loved one.

An important step after experiencing the Milestone Moment is to continue using the Four Key Faith Practices (caring conversations, devotions, service, and rituals and traditions) on a regular basis. It helps to encourage people in their lifelong faith formation.

Other resources that can help support the continued journey of faith using the Four Key Faith Practices include the following:

[Taking Faith Home](#)
[Taking Faith Home Cards](#)

Additional Milestone Modules and Moments can be found at:
www.milestonesministry.org



info@milestonesministry.org
304-300-0836

www.milestonesministry.org

The Four Key Faith Practices listed below are central to every Milestone and offer a specific Christian spirituality that is simple, doable, and transformative. This Milestone Moment provides an opportunity for people to learn, experience, and grow in their faith together. The next page is a discussion guide handout to assist with the conversations.



As you gather together, begin by sharing a recent mountain high and/or valley low in your lives and then use the outline below to talk about faith and God’s presence in this moment.



Caring Conversations

Invite everyone to take turns answering these questions:

- What is a special memory you have about (name of person moving to assisted living) ?
- What are some favorite memories about where you live now or some past home?
- What is something important to bring to your new home?



Devotions

Read the following:

I remember the days of old, I think about all your deeds, I meditate on the works of your hands. Psalm 143:5 (NRSV)

- What is something you learned from an experience you have had in the past, “the days of old”?
- Where have you seen God at work in your life?
- Where do you see God’s hand amidst the joys and challenges of this move?



Service

Send cards and pictures to your loved one regularly if you live far away to help him/her transition to a new way of life and be comforted in knowing you care. If you live nearby, visit frequently and take a favorite food or pictures to encourage conversation. Consider taking extra food for others in the home.



Rituals and Traditions

Every family has certain traditions especially during the holiday seasons. When a person lives apart from family, it is good to include them in family traditions however possible. Think of times during the year when you can include the family member in assisted living in some way. If your family has a ritual of prayer at meal time or prayers at bedtime, be sure to say them when visiting.

The Lord’s Prayer is a ritual and tradition for many. Say the Lord’s Prayer together and close with this blessing:

May you know that God loves you and so do I.



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Transition to Assisted Living Discussion Guide



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