

Tips for Managing Transition

Change can be stressful for anyone. However, seniors face even more challenges with change or transition than their younger counterparts. While transition can certainly be frustrating and maddening, with a few of our tips, you can guide your senior loved one through their next change with confidence.



What is Transition Trauma?

Transition trauma, simply put, is the stress that happens during any life transition. For seniors, transitions can seem like they are coming fast and furious. Changes in health conditions, driving status, friendships, and even diet can be serious for older adults. Stress caused by these life transitions can present itself in different ways for seniors.

Seniors can become chronically ill due to the stress from change, or can even show signs of

increased confusion. Older adults under stress from a life transition can also experience more symptoms of depression, anxiety, or even anger directed towards family members. In all cases, transition or change should be managed as carefully as possible in order to give the senior the best chance at adapting quickly.

Involve the Senior in Decisions

One of the best ways to decrease transition stress is to involve your loved one in decisions that affect their life. While this tip can sometimes make for uncomfortable conversations, seniors prefer to have control over their situation. This feeling of control leads to a sense of autonomy and can decrease transition trauma.

Prepare in Advance When Possible

While change sometimes happens very quickly, if you are able to prepare for the change in advance, your older loved one can benefit from the extra time to come to terms with the upcoming transition. When possible, plan for transition and allow your aging loved one to be a part of the process.

Consult the Experts

Transition is best managed through healthy coping skills, including talking to experts. Consider having your senior loved one talk to their geriatrician about their situation and feelings, or make a standing

appointment with a counselor who specializes in senior issues. Support groups, especially those dealing with grief, can also do wonders for providing your loved one with a network of peers who are experiencing similar situations. These local resources can prove to be invaluable for your loved one as they learn how to live in their “new normal.”

Find a Friendly Face

Finally, a consistent friendly face can give seniors in transition a sense of stability. Our [Visiting Angels](#) caregivers are well versed in transitions that seniors experience. We pride ourselves on becoming a part of your loved one’s support system, and are often able to provide an unbiased and professional opinion to see your entire family through a life change. Give us a call to find out how we can care for your loved one during this time.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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