

Moving house: Successful transitioning

Moving house can be a challenging undertaking for anyone. It can be especially so for young people with high and complex health and support needs. For this group, moving or transitioning from one place or service to another is much more complicated than packing bags, changing utilities and booking a moving van. Existing life skills may need to be strengthened or new skills learnt if residents are to successfully move to their new home.

The transition process aims to do just that. It involves an assessment of the individual's existing skills regarding daily living; and the development of a program to improve or develop these skills to ensure they can successfully live in – and enjoy - their new home!

Here are some things you may need to consider

Has your capacity to successfully move into your new home (or that of your loved one) been assessed?

If it hasn't, you should request an assessment from a Physiotherapist, Occupational Therapist, Speech Pathologist or other qualified therapist, that covers the following areas:

Continence skills

Are you continent?

Do you use any continence aids? Have you provided details?

Do you need assistance to access a toilet?

Do you or your family member need a bowel care regime?

Have you included a copy?

Transferring skills

Do you use a transfer/slide board or a hoist to move from bed to wheelchair, wheelchair to toilet etc?

Can you do standing transfers?

Do you need assistance to transfer? What sort?

Eating and drinking

Do you have difficulty swallowing liquids and/or food?

Has your swallowing capacity been assessed?

Assessment Date: ___/___/___ Copy of assessment provided?

Do you have any special food requirements? What are they?

Do you have any food allergies? Please provide details, including medical interventions if required

Mobility: Can you move around unaided or do you require assistance?

Can you

Dress yourself	<input type="checkbox"/> YES <input type="checkbox"/> NO
Feed yourself	<input type="checkbox"/> YES <input type="checkbox"/> NO
Manage your own personal care	<input type="checkbox"/> YES <input type="checkbox"/> NO
Organise community access	<input type="checkbox"/> YES <input type="checkbox"/> NO
Travel unaided	<input type="checkbox"/> YES <input type="checkbox"/> NO
Manage and keep appointments	<input type="checkbox"/> YES <input type="checkbox"/> NO
Use a telephone	<input type="checkbox"/> YES <input type="checkbox"/> NO
Use a computer	<input type="checkbox"/> YES <input type="checkbox"/> NO
Do you use a wheelchair to move around? If so, is there enough 'circulation' space in the rooms and hallways to accommodate the wheelchair?	<input type="checkbox"/> YES <input type="checkbox"/> NO

Has anyone spoken with you about your existing life skills or arranged a program to help improve existing skills before moving? Would you like to do this?

What are some of the skills you would like to improve before moving?
