Department of Social and Health Services

# Transitioning to a New Home

## What to expect and how your case manager can help you

DSHS
WASHINGTON STATE
Department of Social and Health Services
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# Where Do You Want to Live?

## Moving to a new home?

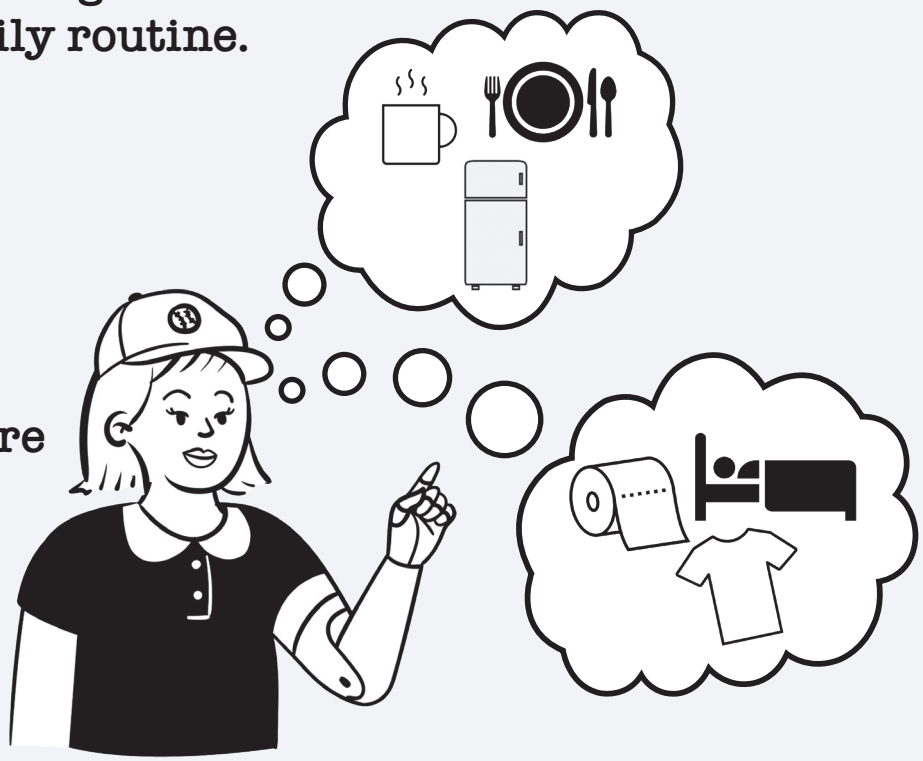
The average person moves **11** times in their lifetime

☑ Moving can be very stressful!

# Some things that make moving stressful are:

**Having a new daily routine.**

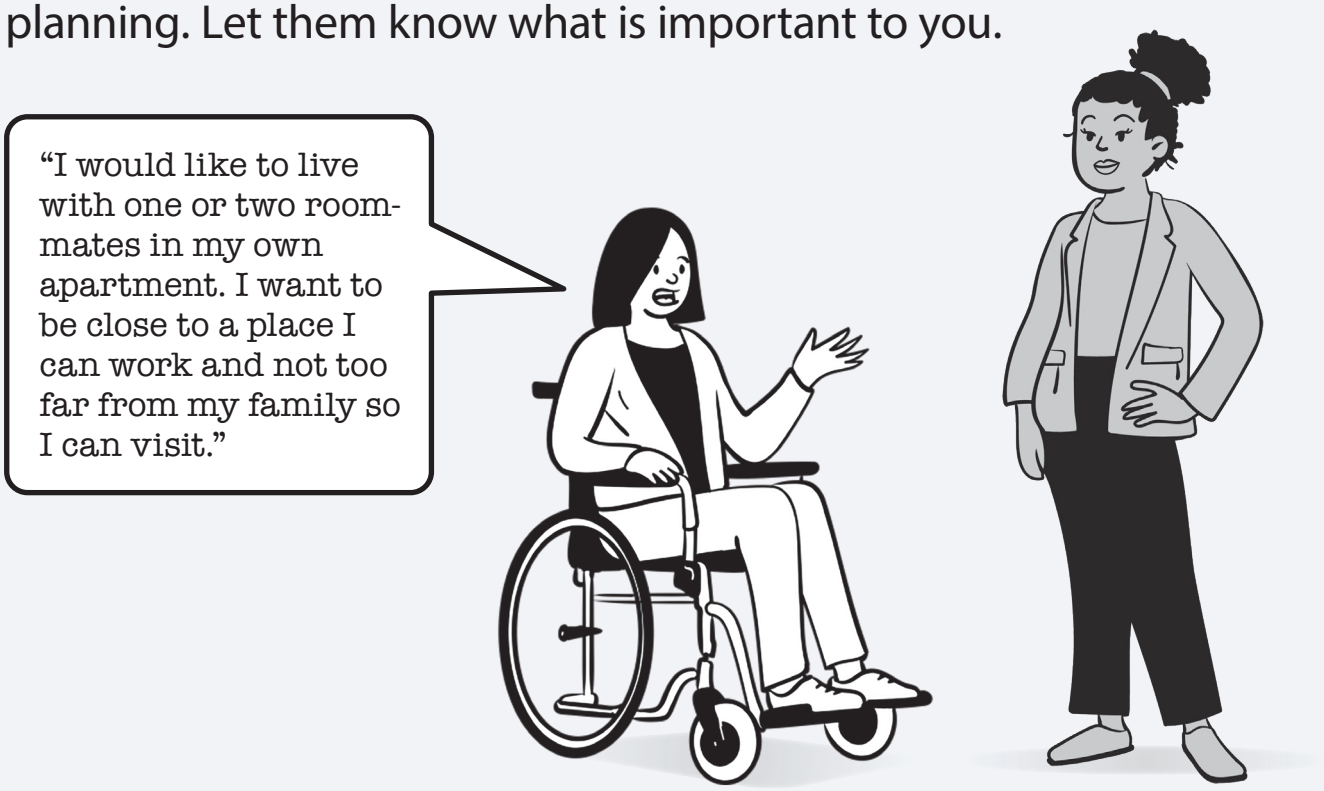
**Learning where everything is.**



**Not knowing anyone who works there or lives there.**

Your case manager is here to help you. They follow specific steps to make sure you have what you need. We call this process transition.

Talk to your case manager at the beginning of your transition planning. Let them know what is important to you.

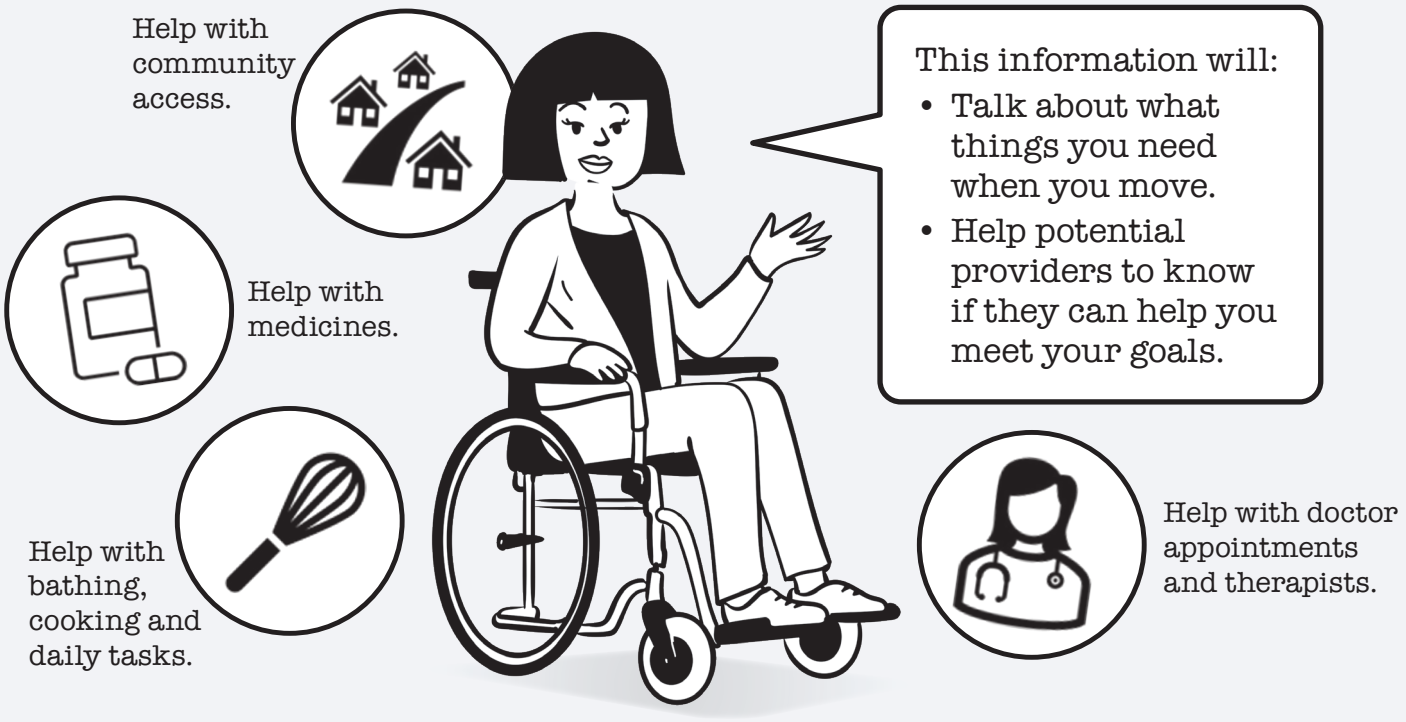



What is important to you when you move?

Your case manager talks to you about your goals:

What are some of your goals?

## After you sign a consent form your case manager will share your goals and needs with providers who can help.




## What do you want a new provider to know about you?

You and people who you choose to go with you can visit potential homes. You can meet providers and the people who work there, and see if you want to live there.

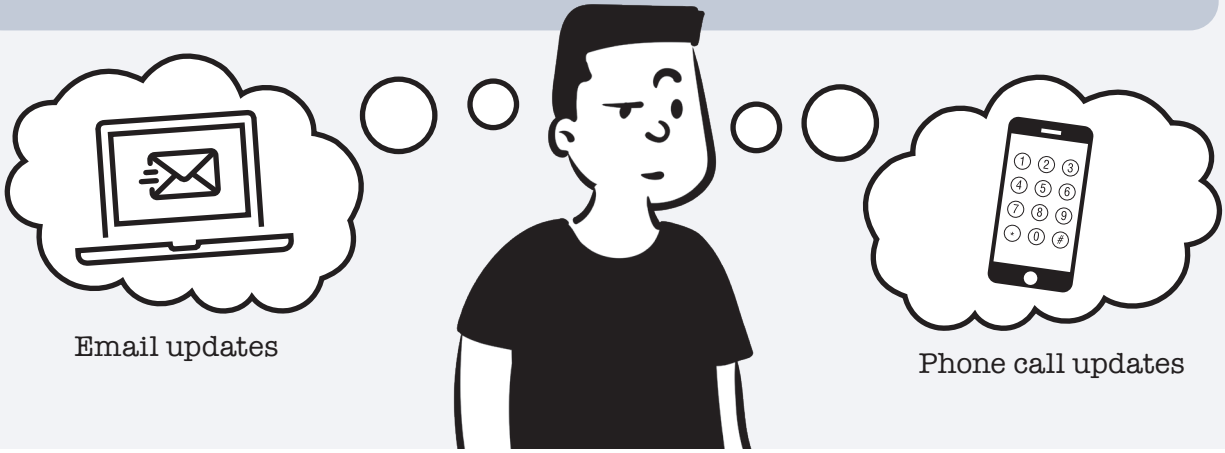
Do you have some places you would like to visit?

Your case manager may schedule regular meetings with you and your care team to talk about what is needed before you move.

- You may need to find a new doctor, dentist and pharmacy before you move.
- You might need some equipment to help you with your daily needs.
- Are there household items which might be helpful?
- The team will talk about who will drive you to your new home and make sure all of your stuff is there.

**Meetings may be in person or over the internet – and you will be invited!**

**Or you can choose a different way to be included – it's up to you!**



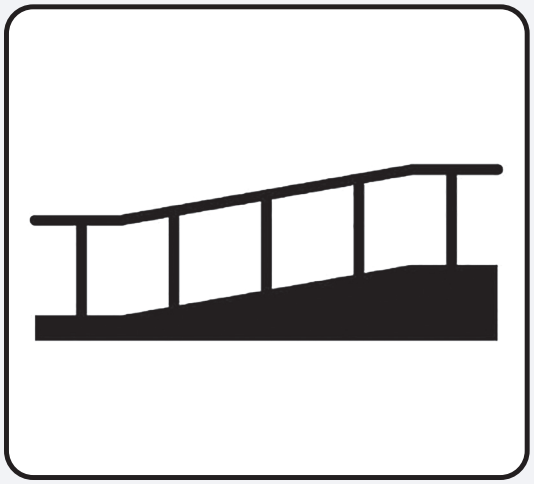
Email updates

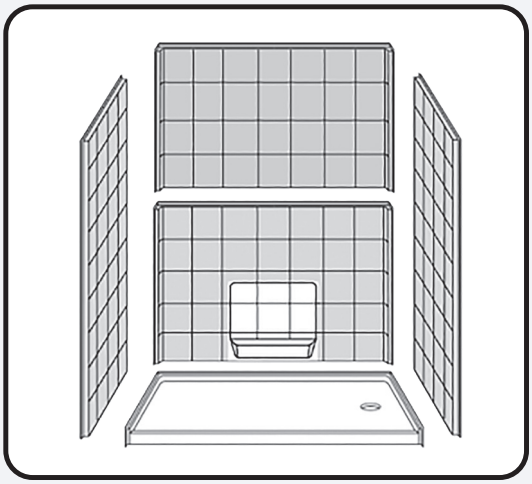
Phone call updates

How do you want to be included in your planning meetings?

Your care team will have regular meetings to talk about the things that need to happen before you move.

You might need a ramp or other equipment to make sure the home is safe.





You might need a new doctor or pharmacy if your new home is too far away from where you usually go. You may need new or different services that help you access your community or work.

What kind of services and providers do you need to support you?

When it's time to move, you and your care team will plan your move day. All your stuff with be there and your care team will be ready to help you.

After you move in, your case manager will check in with you to see how things are going. Do you like your roommates? Do you need anything? Your case manager will check with you more often when you first move to make sure things are going well.

After two weeks, your team will check in with you. Your case manager may inform you of who your ongoing case manager may be. The case manager may ask you additional questions about your experience with the transition.

Within 30 days after you move your case manager will visit or call to make sure you have everything you need. They will ask your provider for your completed care plans and save them in your CARE Assessment records.

About every three months your case manager will meet or call you for the first year after you move to talk about your services and your needs. This would be a good time to ask questions about your services or tell your case manager if you need something new.

If you have any questions, you can contact your case manager at any time.

DDCS Offices:
www.dshs.wa.gov/dda/find-ddcs-office

DDCS website:
www.dshs.wa.gov/dda

Roads to Community Living website:
www.dshs.wa.gov/altsa/rcl

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DDA Residential Services:
www.youtube.com/playlist?list=PLb1tUPq5ofBHTtHZD7sIfYCHvbkyVOay8

Lisa's Story:
youtu.be/2gabaEWMzLk?si=wFdZWMsbgGcKW_NC

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