

TRANSITIONS INTO YOUR CENTER

For use with Navigating Loss, Loneliness, and Aging: Reconnecting to Sources of Strength Series

- What might new participants most look forward to in their first weeks with you?
- What do you think beginning your day program needs to do to prepare for a successful experience?
- What do you think is the most difficult during their 1st week?
- What is the easiest part?
- What emotions do you think a new participant has in the weeks before arriving, what about the week of the transition?
- Why do you think that we as professionals should be paying close attention to participants in transition?

There are no right or wrong answers in this exercise. Try the freewriting technique using the prompt:

Here's what a successful transition looks like to me. Then keep your hand moving for the entire 3-minutes, really giving yourself room to explore your first thoughts. Here's a hint: you can't mess up and everything you write is valid! You are writing for yourself.