

## Retiring to a nursing home by Ginger Wyatt (Porcelain by Ginger)

I created porcelain pieces in miniature for many years, and traveled to many miniature shows across the USA selling my pieces or consigned them to a couple of other dealers/artisans to sell, or sold to shops.

In the last year (2013) I have retired from the business, and moved myself permanently into a nursing home near to where I lived in Lynchburg, VA.



These are the steps I took, they may be helpful to others in my situation.

Find a good real estate agent when selling your home.

Make a list of your utilities.

Find the deed to your home, and the title to your car.

Go through your possessions, box the ones you want to keep or give away. Find an antique dealer, library, church, food bank, school, etc. for the rest. Your home will have to be cleaned, and brought up to code, before it is sold. (I personally think Spring is the best time for these activities).

Get two small spiral bound address books.

1. for family & friends, and include addresses, phone numbers with area codes (and time zones) plus email addresses. Take your laptop computer with you, and make arrangements with the nursing home to have WiFi available.
2. for medical information like: health insurance policy, or at least information pertaining to your coverage; past illnesses; doctors names & addresses, including mental, eye, ear, dentist, and hospitals you have been a patient in. Your legal representative (name, address, phone number, email address). A list of all you medications, indicating with or without food, dosage, and how many a day to take, any reactions you may have to medications, your pharmacy, address and phone number; an advance medical directive (such as) [Do Not Resuscitate].

3. Get a file folder for all the forms you will accumulate.
  - change of address form from the Post Office
  - a valid, signed, dated, witnessed will; keep it in a safe place.
  - utility bills along with their addresses.
  - one “all purpose” credit card, cancel all others.
  - one checkbook with deposit slips
  - address book containing your friends & other important contacts.
  - anything else you feel necessary.
  - make arrangements to have all income, such as SS & dividends automatically deposited into your checking account.
  
4. Check out all the nursing homes in your area. Take a friend or relative with you. Talk with the administrator, staff, and a few residents so you get an idea of what living there will be like. Ask to look at a room that may be assigned to you. You will probably be assigned to a double which means you will have a roommate. Ask if you can bring any furniture.
  
5. Decide what clothes and personal things you want to take with you. As far as clothes to take, include the 4 seasons, such as, long and short sleeve sweaters, blouses, longer skirts, dresses, one suit, 3-4 long sleeved button up night gowns, slippers, loose slacks/pants, underwear, scarves, gloves, a number of pairs of socks, at least two pairs of comfortable shoes, Rain proof coat, etc.
  
6. Hand mirror's; makeup; dentures; eye glasses; hearing aids; hairbrush or comb; hair sprays; soap; shampoo; greeting cards, stationary; pens; envelopes; postage stamps; small note pads; go calendar; file folder's; pictures to hang on the walls of your room; Bible; personal books; keys; maybe a radio; large battery operated flashlight; large battery operated wall clock; wall calendar; framed wall mirror; a bulletin board; indelible pen.
  
7. A shadow box with a glass front to house your miniatures. Plan to nail it to the wall.
  
8. Plan ahead pertaining to your miniature collection. A collector friend of mine kept a notebook of her purchases. It helps when you retire. When you make a room box also make a list of all the miniature pieces you place in it plus the names of the artisan's who created them. If you have a shop,

belong to a miniature club, or have a group of friends who buy with you, kids or grandchildren, a library or historical home, you may want to give the room box to them. Miniatures make a wonderful gift to a museum, or even to the artisan who made most of the pieces placed inside the room box.