



Feelings about moving

Anwar's story



When Anwar was facing moving, he described being “**over the moon**” that he would be moving into his own new home in the community.



His Mum wondered if he was also a bit **nervous too**, as he faced doing a lot more for himself than he was used to doing.



Anwar **talked to his Mum** about feeling nervous.



This made **him feel better**.



Rita's story



Rita was **happy** when she found out she was moving.



But she knew that other people in hospital had been there longer than her.



So it was **hard for her to tell them** that she would be moving on when she knew they had to stay.



Rita felt **guilty** she was moving.



She **talked to the staff and other people** in the hospital.



They **helped her** to not feel so guilty.



Tony's story



Tony had been in hospital for a long time.

He had got to know some of the staff really well in this time.



He enjoyed some of the things that he did with other patients, like playing games together in the courtyard.



He was **excited** to “finally get out”.

But he **worried** about missing the staff.

He was **sad** that he had to say goodbye to people.



He worried that he would find it hard to find new friends, or find people who wanted to play games with him.

Tony **talked to his keyworker**.

His keyworker reminded him that it is normal to feel worried at first.



They **made plans together** for how he could meet new people.