

# Checklist For Moving Into Assisted Living

...SIMPLIFY AND STREAMLINE THE MOVE EVERY STEP OF THE WAY.

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## #1 Before The Move To Assisted Living

- Assess The Community's Services and Guidelines**
  - Does the community allow residents to bring their own furnishings or furnishings are already provided in the living area?
  - Can your loved one cook their means
  - Are pets allowed?
  - Do residents provide their own toiletries? Etc.
  
- Help Your Loved One Downsize**
  - Ask for a copy of the floor plan
  - Plan the design of the new space
  - Use the four-boxes approach: Keep, trash, donate, sell
  - Label furniture that needs to be moved
  - Find new storage
  - Get help if needed

**Hire The Right Moving Company**

- Get cost estimates
- Read reviews:
- Ensure the company is licensed and insured
- Make sure they are available on your move-in date
- Confirm they can move heavy items

**Plan For Healthcare Needs**

- Make an appointment with your loved one's primary doctor
- Find a new primary doctor if moving to a new state or geographical area:
- Plan for medication:
- Plan for other health needs: find new dentists, therapists, eye doctors, etc.

**Take Care Of The Logistics**

- Notify necessary parties such as the USPS, Social Security Administration, insurance providers, health care providers, and friends and family about the address change.
- Send a notice to discontinue utilities and other subscription services
- Set up mail forwarding with the USPS

**Mental Preparation**

- Involve your loved one in every decision
- Make pre-moves to the community so they can get a feel of the environment
- before the move
- Be sensitive, transitioning can be tough; offer words of encouragement, and
- spread positive vibes.

## #2 What To Pack When Moving To An Assisted Living Facility

### Furniture

- Bed
- Table or desk
- Side table and lamp
- Small sofa
- Dresser
- Recliner or chairs

### Decor

- Pictures
- Arts and crafts
- Artifacts
- Books
- Plants
- Clock or alarm clock
- Storage boxes
- Mirror

### Personal Belongings

- Clothing
- Robes and non-skid slippers
- Comfortable shoes
- Toiletries

- Keepsakes and photos
- Everyday jewelry such as watches and earrings
- Hearing aids
- Eyeglasses
- Wheelchair, cane, or walker
- Paperwork (financial and legal + make sure to keep copies)

**\*\*carry an essential bag that has all your loved one will need for their first night, just in case everything can't be unpacked the first day.**

**Entertainment and fun items**

- Television (if not provided by the community)
- Audio system
- Radio
- Computer
- Chargers
- iPad
- Hobby supplies
- Puzzles
- Books
- Playing cards

**Kitchenwares**

- Microwave (if not provided)
- Mini fridge (if not provided)
- Wooden spoons, spatulas, etc.
- Silverware

- Dishes and glasses to use daily
- Pots and pans
- Hot pot
- Coffee maker and kettle
- High shelf grabber
- Small bistro table or drop-leaf table
- Trash can

**Cleaning Supplies**

- Dish soap
- Broom and dustpan
- Paper towels and kitchen towels
- Multipurpose spray
- Surface wipes
- Laundry basket
- Laundry detergent

**Pet Supplies (If Pets are allowed)**

- Blanket and bed ed and blanket
- Litter box or dog crate
- Food and water bowls
- Treats
- Leash and/or collar
- Favorite toys
- Pet medications if any

## #3 What You Shouldn't Pack

### Do Not Pack The Following

- Huge furniture that isn't needed such as large bookshelves
- Furnishings that are in need of repair
- Decorative items that stay on the floor e.g., throw rugs (these are fall hazards and can cause accidents)
- Duplicate items (e.g. many mugs of the same size or design)
- Glass table tops
- Fancy outfits and clothes
- Expensive jewelry and other valuables
- Too many kitchenware and appliances
- Box of stored items
- Outdoor furniture (except your loved one's home has a patio)
- Medications (if the community doesn't allow them)

## #4 Common Mistakes To Avoid When Moving To An Assisted Living Community

### Avoid These Mistakes

- Not asking for help
- Not planning properly
- Waiting too long to move
- Underestimating the stress of a move

## #5 Helping Your Loved One Adjust To Assisted Living

- Surround them with personal belongings
- Have a move-in sleepover day with them
- Encourage them to make new friends
- Encourage them to get involved in community events and activities
- Coordinate visits with other family members