CHECKLIST OF ITEMS FOR ASSISTED LIVING

Moving into a memory care community can feel overwhelming, but having the right items will help your loved one feel comfortable and supported. Here's a helpful packing guide to ensure a smooth transition.

Clothing

(Less is more. We have found fewer choices help with confusion and alleviate decision fatigue.)

- [ ] Comfortable, easy-to-wear clothing
- [ ] Undergarments and socks
- [ ] Seasonal outerwear (light jackets, winter coats, gloves, hats)
- [ ] Pajamas and robes
- [ ] Comfortable everyday outfits
- [ ] Sturdy, non-slip shoes (and slippers with grip soles)

Toiletries and personal items

- [ ] Toothbrush and toothpaste
- [ ] Hairbrush or comb - Hair accessories
- [ ] Shampoo, conditioner, and body wash
- [ ] Deodorant
- [ ] Lotion and hand cream (unscented for sensitive skin)
- [ ] Shaving supplies (if applicable)
- [ ] Nail clippers and file
- [ ] Chapstick or lip balm
- [ ] Wipes
- [ ] depends
- [ ] Hair accessories
- [ ] Hand soap
- [ ] Toilet paper

Bedding & linens

- [ ] Favorite blanket or comforter for familiarity
- [ ] Pillows with cases
- [ ] Sheets (2 sets)
- [ ] Towels and washcloths

Miscellaneous

- [ ] Laundry basket / Detergent
- [ ] Garbage can
- [ ] Pictures / family photos
- [ ] Home Decor
- [ ] Plants
- [ ] Hangers
- [ ] Radio
- [ ] Television / DVD player
- [ ] Cable cord
- [ ] Stacking bins
- [ ] Batteries
- [ ] Keepsakes
- [ ] Alarm clock
- [ ] Lamp
- [ ] Cups/ mugs
- [ ] Plates and bowls

Residents are responsible for providing their own furniture. We recommend bringing familiar pieces that create a sense of comfort and feel like home.

For safety and peace of mind, we kindly suggest keeping valuable possessions at home.