CHECKLIST OF ITEMS FOR MEMORY CARE

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 (soft fabrics, elastic waistbands)
- [ ] Undergarments or depends and grippy socks
- [ ] Seasonal outerwear (light jackets, winter coats, gloves, hats)
- [ ] Pajamas and robes
- [ ] Comfortable everyday outfits (labeled with their name to prevent loss)
- [ ] Sturdy, non-slip shoes (and slippers with grip soles)

Toiletries and personal items (All toiletries will be stored in a bin in a secured place)

- [ ] Toothbrush and toothpaste
- [ ] Hairbrush or comb
- [ ] 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

Bedding & linens

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

Things tend to wander. Please label everything with a sharpie or a label maker so we can find the correct owner.

Miscellaneous

- [ ] Labeled laundry basket
- [ ] Garbage can
- [ ] Pictures
- [ ] Home Decor
- [ ] Hangers
- [ ] Radio
- [ ] Television / DVD player
- [ ] Cable cord
- [ ] Stacking bins

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 and cell phones at home.