

What to bring?

What to bring? What to leave behind? When moving to an assisted living community, your loved one will use most of the same sorts of things he or she uses now. But it's important to remember that space is usually limited, so think smaller scale and fewer items, senior relocation experts say. Focus on what will be used every day, as storage space is limited.

Adult children often want to move the "best" furniture and household goods from a parent's home, or select nice new replacements. But many older adults tend to prefer (and thrive with) what's familiar and comfortable -- so be sure to sound out and respect your loved one's real preferences.

These are items that you are personally responsible for bringing to the facility. Proper preparation is a key element in your loved one feeling like their new place feels familiar and comfortable

Furniture/Accessories

- Bed
- Nightstand (ideally with drawers and shelves)
- Seating (small sofa, chairs with arms, rocker; avoid chairs on casters)
- Small table(s) with storage, such as shelves or drawers
- Dresser (second dresser for storage may fit in closet for extra storage; drawers are often easier than hanging everything)
- Lamp
- Comfortable Chair/Couch (space allowing)
- Hangers
- Trash Can(s)
- Clock
- Nightlight
- Telephone – if you have opted to have a line within the apartment Housewares
- Microwave
- Mini fridge
- Thermometer for the Mini-Fridge

Linens

- Bedding (two sets sheets, blankets, pillows, comforter or bedspread)
- Extra Blanket for cooler weather
- Throw (for toss-on warmth)
- Bath towels (6)
- Bath Cloths (6)
- Hand Towels (6)
- Shower Curtain

Personal items

- Clothes (selection to fit closet space; include pajamas, robe, sweaters for air conditioning, nice outfits for socializing; two weeks' worth of underwear and socks so there's a clean set available while the other is in the laundry). *Please remember that temperatures can fluctuate throughout the building. Layers are always a good option.
- Shoes, nonskid slippers (minimal pairs needed). We discourage open backed shoes.
- Basic toiletries:
 - Shampoo/Conditioner
 - Soap
 - Toothpaste/Toothbrush
 - Deodorant
 - Lotions
 - Hairspray
 - Makeup
 - Comb/Bush
 - Nail Clippers/File
 - Electric Shaver
 - Hairdryer

Decorations

- Wall décor (photographs, paintings)
- Curtains (check ahead; blinds are usually already in place)
- Photographs to display or look at in books (digitize everything else to store)
- Small safe

Entertainment

- Television (if used; make sure your loved one knows how to operate it)
- Music system (if used; make sure your loved one knows how to operate it)
- Desktop, laptop, or tablet computer (if your loved one will use it)
- Hobby supplies (needlework, paints, craft materials within reason, cards, books, sporting goods such as golf clubs or bowling ball)
- Pad of paper and pen

All items are just suggestions. Certain items may not be applicable if not deemed appropriate. Smaller rooms may not permit certain items because of size constraints. Please consult the facility administrator if you have any questions. *Please note that paper products like toilet tissue and facial tissue are provided by the facility.



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