

# Common Items Needed When Moving into Assisted Living

## Furniture

- \*Bed (rent a comfortable hospital bed, or bring a bed with a familiar mattress)
- \*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
- Small kitchen table or drop-leaf table (a standard dining table is usually too big)
- Dresser (second dresser for storage may fit in closet for extra storage; drawers are often easier than hanging everything)

## Housewares

- \*Dishes and glasses to use every day (but probably not settings for 10 or 12)
- Coffeemaker
- \*Bedding (two sets sheets, blankets, pillows, comforter)
- \*Bath towels
- \*Hangers
- Microwave
- Mini fridge
- Trash can(s)

## Personal items

- \*Clothes (winnowed to fit closet space; include pajamas, robe, bathing suit if applicable, 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)
- \*Shoes, nonskid slippers (minimal pairs needed)
- \*Basic toiletries
- \*Medications
- Small file or other storage for medical, legal, financial paperwork
- Photographs to display or look at in books (digitize everything else to store)
- Special heirloom or memento to give a sense of home

## Cleaning supplies

- Dish soap
- Dish towels
- Laundry basket

## Decorations

- \*Lamps, lightbulbs
- Wall décor (photographs, paintings)
- Curtains (check ahead; blinds are usually already in place)
- Clock
- Vase
- Throw (for toss-on warmth)

## 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)

## What NOT to Pack for a Move to Assisted Living

Think twice before packing:

- Lots of knickknacks or collectibles (surface space will be limited)
- Throw rugs or area rugs (they're a tripping hazard)
- Chairs on wheels
- Seldom-worn jewelry
- Multiples of most things (e.g., mugs, appliances, bathrobes, coats, handbags)
- Large-scale furniture
- Boxes of stored items (bring only what's used regularly)

*\* Basic items needed for immediate move-ins.*

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