



# A Plan For Senior Care's Guide For What To Pack For The Move

A Plan For Senior Care is excited to hear that you have chosen a community for your loved one. Moving and packing can be overwhelming for a senior. Deciding on what to bring to the community takes planning. We suggest, bringing less and assuring the senior that his/her belongings are safe. As the senior settles in he/she will get an idea of what other items you can bring. Listed are some ideas of what to bring.

## **CLOTHING**

Bring favorite and comfortable clothing that fits. Have at least two weeks of clothing, robe, slippers, and shoes. Try just to bring clothing that is appropriate for the season and store the rest elsewhere if possible.

## **IMPORTANT PAPERS & DOCUMENTS**

When you are packing up your loved one's home, gather all important papers and documents in one spot and keep them in your possession or safety deposit box. These are not appropriate to bring with the senior. They can be lost or damaged. To learn more on which documents to save use **A Plan For Senior Care's Guide For What Documents Are Important To Keep** located on our website or I can email a copy to you.

## **FURNITURE & LINENS**

Measure the room ahead of time and decide what furniture pieces will fit best. Try to include a favorite chair. Furniture often holds sentimental value so consider bringing that special piece. Smaller, narrower items typically fit best. Bring towel sets, mattress pad, at least two sets of sheets, a comforter, extra blankets, and pillows. Bring lamps, a TV, calendar, alarm clock, clothes hamper, nightlights and waste baskets. Dishes if needed. If not provided a microwave and small refrigerator.

## **HOBBIES & CRAFTS**

Bring along any hobbies and activities that your loved one enjoys e.g.: crafts, movies, books, etc. These items will bring comfort and entertainment.

## **MEMENTOS & KNICK-KNACK ITEMS**

Often seniors have collections of knick-knacks or items that hold memories. Discuss with your loved one which ones are important to bring. Consider leaving valuable items with you so they are not damaged, lost or stolen. Make sure to bring pictures of family, Afghans or quilts that are comforting. Digital photo frames are a great way to bring many photos and seniors love them. You can add pictures as time goes on.

## **MISCELLANEOUS ITEMS**

Bring some favorite snacks, drinks, paper napkins and dish soap (if needed).

## **POSTAL ADDRESS CHANGE**

Update an address change with your friends and family to let them know that your senior has moved. Encourage them to send a note or card right away. If your loved one still writes to others prepare a basket with pens, note cards, new address labels, stamps, and their address book to take with them. Have your loved one's magazines and newspapers forwarded to the community.

## **PRESCRIPTIONS**

Prepare a list for the community and arrange with them how they will be refilled.

## **TOILETRIES**

Personal hygiene items, shampoo, hand and bath soap, toothpaste, mouthwash, toothbrush, floss, lotions, deodorants, make-up, shaving items, hairbrush, etc. Make sure you include items that are not used on a daily basis too. Bring a shower chair if needed.

## **UTILITIES**

If the community allows for cable TV, the internet or a private phone line in the room arrange to have it installed ahead of time. Your loved one will want to be able to call you as needed. Bring a phone and answering machine.

## **VALUABLES & JEWELRY**

Meet with the community during your move in and have them log in what valuables your loved one has brought. Include jewelry, hearing aids, dentures, wallet, ID and cash on your list. Some communities have policies on valuables allowed.

A Plan For Senior Care hopes that this list is beneficial for your upcoming move. Please know that we here to assist you as the need arises.