

PREPARING FOR THE MOVE

Process for Moving a Loved One to Senior Living



Now that you've chosen the ideal community, it's time to start thinking about what to bring.

This, of course, is dependent upon what style of room you will be moving into (studio, 1 bedroom, 2 bedroom), but here is a general list of ideas to get you started. It is helpful to have a schematic of the room with dimensions to have an idea of the furniture arrangement.

Here are some things to consider before you begin:

Will you be moving existing furniture or buying new furniture? If buying new, shop early to make sure it is in stock and can be delivered to the community within your time frame.

We highly recommend setting up the room prior to the actual day of move-in so that it is all ready to enjoy! This helps with the overall transition and feeling a sense of comfort when seeing the new home for the first time.

Do you need help with moving? Family and friends can be helpful, but not always available when we need them. If you need help with movers, we have a list of experienced professional senior moving companies. We can recommend companies that will recreate the existing living space to a downsized version in the new home. This can include everything from hanging pictures, arranging furniture, kitchen, and closet space organization, or finding the perfect place for those special items. We can also suggest companies that will just do the moving. Bottom line is we can connect you with the right resources to create a smooth transition.

Furniture

- Bed Frame and Mattress
- Dresser
- Bedside Table
- Table Lamp
- Comfortable Chair
- Television
- Small Dining Table and Chairs (If Space Allows)
- Small Sofa with Coffee Table (If Space Allows)

Linens

- Comforter and Pillows for Bed
- Two Set of Sheets
- Mattress Protector
- Throw Blanket
- Two Sets of Towels (Bath Towel, Hand Towel and Washcloth)

Clothing

- Seasonal Clothing, About 5-7 Days Worth
- Sweaters and Jackets for Layering
- Socks, Bras and Underwear (Or Briefs)
- Shoes (Slip Ons, Athletic, Casual, Boots for Rain and Winter)
- Pajamas (2 Pair)
- Robe and Slippers

Bathroom

- Shower Curtain
- Low Pile, Rubber Back Bath Rug
- Hanging Shower Caddy
- Shampoo, Conditioner,

Body Wash

- Hair Styling Products
- Make Up, Lotion
- Shaving Items, Deodorant
- Toothbrush, Toothpaste, Mouth Rinse, Floss
- Drinking Cup
- Hand Soap
- Kleenex Boxes
- Toilet Paper

Kitchen

- Coffee Maker
- Plates, Bowls
- Glasses, Coffee Cups
- Silverware
- Kitchen Towels, Dishcloth, and Scrubber
- Dish Soap, Hand Soap
- Snacks, Drinks, and Coffee
- Paper Towels and Napkins

Decorations

- Framed Family Pictures
- Digital Picture Frame - Download Fun Family Memories
- Paintings and Wall Decor To Make it Feel Like Home
- Knick Knacks
- Items to Decorate the Door Entrance
- Seasonal and Holiday Decor

Ambiance

- Radio or Alexa if the Internet is Available. Alexa is a Great way to Get Music

- Aromatherapy Diffuser or Wall Plug Ins
- Plants and Flowers
- Candy Bowl for Care Givers and Visitors
- Battery Operated Candles

Entertainment

- Puzzles
- Reading Materials
- Newspaper Subscription
- Crafts Supplies, Hobbies
- Stationery and Cards

Misc

- Medication Box (If Administering Own Meds)
- Cell Phone Charger and Charging Station
- List of Important Phone Numbers (Family, Friends, Front Desk and Concierge, etc)
- Hearing Aid Case and Extra Batteries
- Denture Cup and Supplies
- Eyeglasses, Reading Glasses and Cases
- Tv Remote with Extra Batteries
- Hanging Supplies (Hammer, Nails, Hooks, Command Strips)

Adaptive Equipment

- Toilet Riser
- Bedside Commode
- Shower Chair
- Grab Bars (If Needed, Please Consult with Community)