



# Adult Family Home Move-In Checklist

Creating a sense of home in a smaller, more personal setting.

**One important tip before you start:** Every senior living community is different. Ask what is already provided before purchasing or packing supplies.

**Our advice:** Bring enough to make it feel like HOME, not enough to recreate the entire house.

## Bedroom Essentials

- ☐ Comfortable clothing and pajamas
- ☐ Favorite blanket, quilt, or comforter
- ☐ Favorite pillow
- ☐ Family photographs
- ☐ Small meaningful decorations
- ☐ Favorite chair, if space permits
- ☐ Television, if allowed
- ☐ Clock or calendar
- ☐ Bedside lamp, if permitted

## Bathroom and Personal Care

- ☐ Shower curtain, liner, and hooks if needed and not supplied
- ☐ Bath towels and washcloths, if not provided
- ☐ Hand soap for each sink, if not supplied by the home
- ☐ Hand towels for each sink, if permitted and needed
- ☐ Garbage can for the resident's room and bathroom, if needed
- ☐ Shampoo, conditioner, and body wash
- ☐ Toothbrush, toothpaste, and grooming items
- ☐ Denture supplies
- ☐ Incontinence products, if applicable
- ☐ Personal lotion and skin-care products

## Clothing and Comfort

- ☐ 7-10 days of clothing
- ☐ Comfortable non-slip shoes
- ☐ Pajamas, underwear, and socks
- ☐ Sweaters and seasonal clothing
- ☐ Glasses and hearing aids
- ☐ Phone or tablet and charger
- ☐ Books, puzzles, or hobbies
- ☐ Favorite music and photographs
- ☐ Mobility equipment and approved medical supplies

### Important: Medication Management and Nurse Delegation

Before move-in, ask the Adult Family Home how medications will be managed and whether your loved one's care needs require nurse delegation.

In Washington, certain nursing tasks may be performed by appropriately qualified and trained caregivers under the delegation and supervision of a registered nurse. Not every resident needs nurse delegation.

Please don't simply pack medications in a moving box. Coordinate the transfer directly with the home and pharmacy to help prevent missed doses or medication errors.

**Compass Care Tip:** Ask the Adult Family Home provider what they supply before buying anything. Many homes already provide beds, bedding, towels, bathroom supplies, and even personal-care products. Every home is different.

### The 10 Most Commonly Forgotten Move-In Items

- ☐ **1. Shower curtain, liner, and hooks** — Not every apartment provides them.
- ☐ **2. Hand soap for every sink** — Don't forget the kitchen or second bathroom.
- ☐ **3. Hand towels for every sink** — Especially guest bathrooms and kitchenettes.
- ☐ **4. Garbage cans for each appropriate area** — Bathrooms, bedroom, kitchen, and living areas.
- ☐ **5. Trash bags** — Bring the correct size for each can.
- ☐ **6. Toilet paper and tissues** — Confirm whether they're provided.
- ☐ **7. Phone chargers and hearing-aid chargers** — Easily forgotten in the rush.
- ☐ **8. Television remote and batteries** — Plus instructions for operating the television.
- ☐ **9. Hangers and laundry basket** — Especially if the community handles laundry.
- ☐ **10. Nightlights and a favorite pillow** — Small comforts can make the first night easier.

For Adult Family Homes and Memory Care, always confirm which items are supplied or permitted before purchasing them.

Whether you're just beginning to explore options or preparing for moving day, we're here to help you understand the choices, coordinate the details, and navigate the unexpected.

**Because aging is complicated. We're your Compass.**

**(509) 995-5554**

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