



Memory Care Move-In Checklist

Sometimes the most important things we bring aren't things at all. They're memories.

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

Familiar Bedroom Items

- ☐ Favorite comforter or quilt
- ☐ Familiar pillow
- ☐ Family photographs
- ☐ Favorite artwork
- ☐ Comfortable chair, if permitted
- ☐ Easy-to-read clock
- ☐ Simple calendar
- ☐ Familiar blanket or comforting stuffed animal
- ☐ Small memory book or photo album
- ☐ Favorite music

Bathroom Essentials

- ☐ Shower curtain and liner, if needed and permitted
- ☐ Bath towels and washcloths, if not supplied
- ☐ Hand soap for each sink, if appropriate and approved
- ☐ Hand towels for each sink, if permitted
- ☐ Bathroom garbage can, if not provided and approved
- ☐ Toothbrush, toothpaste, and grooming supplies
- ☐ Favorite lotion or familiar personal-care products

Memory care communities often provide or restrict certain items for safety. Always confirm what is allowed, especially toiletries, bathroom accessories, cords, and small objects.

Clothing and Personal Care

- ☐ 7-10 days of comfortable clothing
- ☐ Easy-on/easy-off clothing
- ☐ Extra underwear and socks
- ☐ Comfortable, closed-back non-slip shoes
- ☐ Pajamas and robes
- ☐ Sweaters and seasonal clothing
- ☐ Familiar toiletries
- ☐ Glasses and hearing aids
- ☐ Dentures and supplies
- ☐ Incontinence products, if needed

Comfort and Connection

- ☐ Family photo album
- ☐ Favorite music or playlist
- ☐ Simple puzzles or activities
- ☐ Familiar books
- ☐ Religious or spiritual items that provide comfort
- ☐ A few favorite decorations
- ☐ Duplicate inexpensive items that are easily misplaced
- ☐ A written summary of favorite routines, foods, hobbies, and calming techniques

Items Best Left at Home

- Expensive or irreplaceable jewelry
- Large amounts of cash
- Important original documents
- Valuable family heirlooms
- Sharp objects or potentially unsafe appliances
- Unapproved medications or supplements
- Anything that would be devastating if lost or damaged

Compass Care Tip: Label clothing and personal belongings whenever possible. And don't underestimate the value of telling caregivers about the person your loved one was before dementia. Their favorite music, lifelong career, hobbies, family stories, and daily routines can help caregivers create meaningful connections.

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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