Assisted Living Move-In Checklist

Check the facility's own list first. Every facility has its own rules about furniture, appliances, medications and what's allowed in rooms. Use this as a starting list and tick items off as you go.

Before you pack

- [ ] Ask the facility for its move-in list and rules, including what furniture is provided, room measurements and anything not allowed.
- [ ] Ask how medications are handled at move-in, and what they need from you and your parent's prescribers.
- [ ] Measure the room and decide which furniture fits before moving day.
- [ ] Involve your parent in choosing what comes along. Familiar things help a new room feel like home.

What to bring

CLOTHING AND EVERYDAY ITEMS

- [ ] A week or more of comfortable clothing for each season, plus shoes, slippers with good soles, and a coat. Label everything with your parent's name if the facility does laundry.
- [ ] Toiletries and grooming items they use every day.
- [ ] Glasses, hearing aids and dentures with labeled cases, plus spare batteries and chargers.
- [ ] Mobility aids such as a walker or cane, labeled.
- [ ] A phone and charger, with family numbers saved and a printed list as backup.

COMFORT AND FAMILIAR THINGS

- [ ] Their own bedding, a favorite blanket and pillows.
- [ ] Photos, a clock, a lamp and a few favorite objects that make the room theirs.
- [ ] Small furniture that fits the room, like a favorite chair or side table, if the facility allows it.
- [ ] Things to do: books, puzzles, music, hobby supplies.

PAPERS AND LISTS

- [ ] Copies of photo ID and insurance cards (keep originals somewhere safe and note where).
- [ ] The current medication list, copied exactly from the labels, with allergies at the top. Give staff a copy.
- [ ] A care contacts sheet: doctors, pharmacy, family members and who to call first.
- [ ] Copies of any advance directive or power of attorney the facility asks for.

What not to bring

- [ ] Valuables and sentimental jewelry that would be hard to replace; keep them with family.
- [ ] Large amounts of cash.
- [ ] Furniture that crowds the room or blocks walking paths.
- [ ] Items many facilities restrict, such as space heaters, candles, extension cords or throw rugs. Check the facility's rules before packing these.
- [ ] Medications that aren't on the current list, without first asking staff how medications are handled.

On moving day and the first week

- [ ] Make an inventory of what you brought, with photos, so you can track items later.
- [ ] Set up the room before your parent arrives if you can, with familiar things where they can see them.
- [ ] Meet the staff who will help day to day, and share the contacts sheet and medication list.
- [ ] Plan regular visits or calls for the first weeks, and write down questions as they come up.