

Comprehensive Assisted Living Move-In Checklist

Use this checklist to help prepare for the transition to assisted living.

Customize it to fit your unique situation and preferences.

Personal Clothing & Accessories

- ☐ Comfortable everyday clothes (pants, shirts, sweaters)
 - ☐ Sleepwear and robe
 - ☐ Undergarments and socks
 - ☐ Non-slip shoes and slippers
 - ☐ Seasonal outerwear (coat, hat, gloves)
 - ☐ Special occasion outfit
 - ☐ Favorite blanket or shawl
 - ☐ Lightweight sweaters or cardigans for layering
 - ☐ Extra pairs of prescription glasses (backup set)
 - ☐ Jewelry for daily wear (costume, not valuables)
 - ☐ Belts or suspenders if needed for comfort
-

Personal Care Items

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Razor and shaving cream
- ☐ Hairbrush or comb

- ☐ Skincare products
 - ☐ Makeup (if used)
 - ☐ Eyeglasses and case
 - ☐ Hearing aids and batteries
 - ☐ Denture care supplies (cleaner, adhesive, storage cup)
 - ☐ Incontinence products (pads, briefs)
 - ☐ Nail care kit (clippers, file)
 - ☐ Lip balm and lotion for dry skin
-

Medications & Health Supplies

- ☐ All current prescriptions (clearly labeled)
 - ☐ Over-the-counter medications (permitted by facility)
 - ☐ Medical equipment (walker, cane, wheelchair)
 - ☐ Blood pressure monitor (if needed)
 - ☐ Extra hearing aid batteries
 - ☐ List of all medications with dosages
 - ☐ Pill organizer or dispenser
 - ☐ Oxygen equipment or CPAP machine (if applicable)
 - ☐ Copies of prescriptions in case of pharmacy transfers
 - ☐ Thermometer
-

Household & Comfort Items

- ☐ Bedspread or comforter from home
- ☐ Pillow(s)
- ☐ Towels and washcloths
- ☐ Favorite small furniture piece (chair, side table)
- ☐ Lamp for bedside or reading

- ☐ Clock with large numbers
 - ☐ Laundry basket or bag
 - ☐ Mattress pad or protector
 - ☐ Small safe or locking box for personal items (if allowed)
 - ☐ Extra blankets
 - ☐ Scented sachets or drawer liners (if permitted)
-

Personal Belongings & Decor

- ☐ Family photos (framed or albums)
 - ☐ Artwork or wall hangings
 - ☐ Keepsakes and mementos
 - ☐ Religious items (if applicable)
 - ☐ A few favorite books or magazines
 - ☐ Decorative touches (vase, plant, figurines)
 - ☐ Bulletin board or corkboard for notices and reminders
 - ☐ Calendar with large print
 - ☐ Personal stationery and stamps for letters
 - ☐ A favorite quilt or throw
-

Electronics & Entertainment

- ☐ Television or radio (if allowed)
- ☐ Tablet or e-reader with charger
- ☐ Phone and charger
- ☐ Music player loaded with favorite songs
- ☐ Hobby supplies (knitting, puzzles, crafts)
- ☐ Extra charging cables and power strip
- ☐ Headphones for TV or music

- ☐ Alarm clock with battery backup
 - ☐ Nightlight
-

Kitchen & Snacks (if allowed)

- ☐ Favorite snacks or non-perishable treats
 - ☐ Reusable water bottle
 - ☐ Coffee maker or kettle (if permitted)
 - ☐ Dishware and utensils (if needed)
 - ☐ Small supply of preferred beverages
 - ☐ Easy-open containers for snacks
 - ☐ Favorite mug or cup
-

Important Documents

- ☐ Insurance cards
 - ☐ Power of attorney papers
 - ☐ List of emergency contacts
 - ☐ Medical history summary
 - ☐ Identification (ID card, driver's license)
 - ☐ Copies of any legal documents
 - ☐ DNR orders or advance directives (if applicable)
 - ☐ Copies of health insurance policies
 - ☐ Emergency evacuation plan from the facility
-

Pre-Move Tasks

- ☐ Schedule move-in date and time with the facility
 - ☐ Confirm room dimensions and what's included
 - ☐ Label all boxes and belongings with the resident's name
 - ☐ Notify friends and family of the move date
 - ☐ Set up mail forwarding and update address
 - ☐ Review facility policies on visiting and deliveries
 - ☐ Arrange transportation for the move day
 - ☐ Dispose of items that won't be moved or donate them
 - ☐ Create a list of utility accounts and subscriptions to cancel or forward
 - ☐ Take photos of valuables for records
-

What Not to Bring

- Large rugs or runners
 - Space heaters or electric blankets
 - Candles or open flames
 - Large furniture that won't fit
 - Excessive duplicate items
 - Valuable jewelry or irreplaceable heirlooms
 - Extension cords or overloaded power strips
 - Cleaning chemicals or hazardous products
 - Weapons (firearms, knives)
 - Too many seasonal decorations
-

Tip: Keep this checklist handy during packing and moving day so you can check off each step as you go.

Disclaimer

This checklist is intended for general informational purposes only and does not constitute professional medical, legal, or financial advice. Please consult with qualified professionals and the assisted living community directly to address your specific needs and requirements.

Created by Raya's Paradise Residential Care Communities - Dedicated to helping families navigate the transition to assisted living with confidence.

To schedule a personalized consultation or tour, visit www.rayasparadise.com or call (310) 289-8834.