

CHECKLIST

Memory Support Packing Guide

If you've decided it's time to move your loved one into memory support, you'll want to make the transition as smooth as possible by checking off this packing list.

Important Documents to Bring

- Complete a resident bio of your loved one for staff to know key details
- Copy of Power of Attorney documentation
- A list of emergency contacts
- Current photos of loved ones

Everyday Necessities

- Cane, walker, or wheelchair
- Glasses
- Hearing aids
- Medications
- Toiletries

**You may be able to reserve some of these items through the community.*

Clothes

TIP: Label their clothing with a fabric marker, choose clothes that won't shrink, and bring 10-14 days' worth of clothes.

- A shoehorn
- Clothing with easy fasteners, such as velcros and large buttons
- Coats and jackets
- Hats and gloves
- Multiple sets of loungewear and pajamas
- Non-slip shoes
- Robes and non-skid slippers
- Socks

Entertainment

- A few items for positive recollection and inclusion in a memory box
- Books
- Indoor-friendly versions of sports they enjoy
- Personal TV for the room
- Puzzles and games
- Song playlist
- Speaker
- Specific hobby items and arts and crafts supplies

Memory Support Packing Guide, continued

Home Items

- A clock that shows the date and month
- A familiar door hanger
- A favorite chair or recliner
- A photo album and framed family photos
- Favorite balms, lotions, and oils
- Favorite blankets and pillows
- Favorite decor and pictures
- Favorite recipes
- Linens, comforters, bed sheets, pillows, blankets, bath towels
- Non-toxic houseplants

**Check with your community to see what is provided.*



Don't Forget to Ask About...

- Appropriate dining equipment or supplies
- Pet supplies or alternatives
- Items like incontinence supplies, gloves, sanitary wipes, adult briefs, toilet paper, paper towels, sheets, or bath towels

What to Avoid Packing

- Alcohol, cigarettes, lighters, and candles
- Cleaning supplies
- Everyday items like kitchen knives, letter openers, nail clippers, razors, scissors, and tweezers
- Family heirlooms and valuable items
- Financial items like checkbooks, credit cards, and Social Security card
- Lots of remote controls
- Nonessential decor that could be hazardous, such as a throw rug
- Toxic ingestible items like nail polish remover and paint

**All medications should be given to the nurses.*