

Moving to Assisted Living *checklist*

1. Before the move

- Notify all necessary parties of change of address
- Give disconnect notice to utilities and other service providers
- Transfer prescriptions if necessary
- Confirm with the community that all pre-move-in paperwork is complete
- Ask for a copy of their exact floor-plan
- Ask for a list of items the community will provide
- Ask for community rules – are any items prohibited?
- Plan the layout of furniture other decorative items
- Downsize & declutter
- Hire movers

2. Bedroom

- Bed
- One or two nightstands
- One or two dressers
- Bedding (two sets of sheets, blankets, pillows, comforter)
- Curtains (blinds may already be in place)



3. Living Room

- Seating (rocker, small sofa, etc.)
- Small table(s)
- Wall décor
- Curtains (blinds may already be in place)
- Lamp(s)
- Clock
- Throw blanket(s)

4. Kitchen

- Small bistro table or drop-leaf table
- Microwave (if not provided)
- Mini fridge (if not provided)
- Dishes and glasses to use daily
- Silverware
- Wooden spoons, spatulas, etc.
- Pots and pans
- Coffeemaker and kettle
- Hot pot
- Trash can

Your complete guide

Refer to our checklist to streamline and simplify your move every step of the way.

5. Bathroom

- Towels
- Small waste basket
- Health and beauty items
- Hairdryer

6. Personal Items

- Clothes (make sure to include pajamas, robe, undergarments, and bathing suit if applicable)
- Shoes and non-skid slippers
- Medications

7. Cleaning Supplies

- Dish soap
- Dish washing cloths and drying rack
- Window cleaner
- Bathroom cleaner
- Laundry basket
- Laundry detergent
- Dusting cloths

8. Entertainment

- Television
- Radio
- Desktop, laptop, or tablet computer
- Hobby supplies