

While you want the assisted living apartment to appear as “home-like” as possible, you don’t want to jam pack it with too many pictures, albums and knick-knacks. Choose only the ones with the fondest memories and that aren’t extremely valuable.

We recommend taking a photo of all items taken to the new community. Things can disappear and a photo is better than a description.

All items that will be laundered must be labeled with the individuals name.

Furniture

• Bed - bring a bed with a comfortable mattress (or rent a hospital bed)	
• Nightstand (ideally with drawers and shelves)	
• Seating (small sofa, chairs with arms, recliner; avoid chairs on casters); if fall risk, avoid a rocker	
• Small table(s) with storage, such as shelves or drawers (1 or 2)	
• Small kitchen table or drop-leaf table	
• Dresser (second dresser may fit in closet for extra storage; drawers are often easier than hanging everything)	
• Table or small cabinet for bathroom	
• Small file or other storage for medical, legal, financial paperwork	
• A couple of folding chairs can be helpful for multiple guest	

Bedding

• Bedding (, two blankets, pillow, bedspread or comforter; (must be washable)	
• Three sets sheets and 2 waterproof mattress covers	
• May need “chuck pads/urinary pads” if in continent (three)	

Bathroom

• Bath towels, hand towels, wash cloths (two sets)	
• 2 Bathmat (with rubber backing), one for inside and one for outside shower	
• Shower curtain & rings	
• Shower chair/bench (if needed)	
• Trash can	
• Laundry basket	
• Basic toiletries (hand soap, face cleaner, face moisturizer, lotion, makeup, shampoo, conditioner, hairbrush, razor, toothbrush, toothpaste, deodorant, hair dryer, lip balm, etc.)	
• If applicable, pull-up underwear/pad	

Housewares

• Microwave	
• Glasses and cups/mugs; set of dishes, serving for 4	
• Coffeemaker and or Hot water pot (electric)	
• Hangers	
• Trash cans (bedroom & living area)	

Personal items

<ul style="list-style-type: none"> Label all clothing with their name or initials (“Iron on Clothing Labels” work great) 	
<ul style="list-style-type: none"> Clothes (include pajamas, robe, bathing suit if applicable, sweaters for air conditioning, nice outfits for socializing; 10-14 days’ worth of underwear and socks so there’s a clean set available while the other is in the laundry; coat, hat, gloves, etc.) 	
<ul style="list-style-type: none"> Shoes, nonskid slippers (minimal pairs needed) 	
<ul style="list-style-type: none"> Medications (to be given to nurse upon move-in) 	
<ul style="list-style-type: none"> Paper, cards, pen and pencils, stapler, paper clips, pencil sharpener 	
<ul style="list-style-type: none"> Photographs to display or look at in books (digitize everything else to store) 	

Supplies

<ul style="list-style-type: none"> Dish soap 	
<ul style="list-style-type: none"> Dish towels 	
<ul style="list-style-type: none"> Surface wipes 	
<ul style="list-style-type: none"> Window cleaner 	
<ul style="list-style-type: none"> Bathroom cleaner 	
<ul style="list-style-type: none"> Laundry basket & detergent 	
<ul style="list-style-type: none"> Dusting cloths (facility does not dust around breakable/delicate items) 	
<ul style="list-style-type: none"> Paper towels 	
<ul style="list-style-type: none"> Depending on facility, may need to provide toilet paper 	

Decorations

<ul style="list-style-type: none"> Wall décor (photographs, paintings, etc.; nature images are soothing) 	
<ul style="list-style-type: none"> Curtains (check ahead; blinds are usually already in place) 	
<ul style="list-style-type: none"> Lamps, light bulbs (min. one by bed and one by setting area) 	
<ul style="list-style-type: none"> Clock (some like to know the indoor and outdoor temperature too) 	
<ul style="list-style-type: none"> Vase 	
<ul style="list-style-type: none"> Throw/Afgan 	
<ul style="list-style-type: none"> Throw pillow (s) 	
<ul style="list-style-type: none"> Plant(s) (silk plants work best) 	
<ul style="list-style-type: none"> Keep-sakes or special heirlooms to give a sense of home 	

Entertainment

<ul style="list-style-type: none"> Television & Remote (make sure your loved one knows how to operate it) 	
<ul style="list-style-type: none"> Music system (make sure your loved one knows how to operate it) 	
<ul style="list-style-type: none"> Desktop, laptop, or tablet computer (if your loved one will use it) 	
<ul style="list-style-type: none"> Hobby supplies (needlework, paints, craft materials within reason, cards, books, puzzles, sporting goods such as golf clubs or bowling ball) 	
<ul style="list-style-type: none"> Phone (cell phone if used) 	

Avoid Busy Patterns or Designs with Dark Spots

Busy patterns can cause angst or confusion for aging loved ones; especially those who suffer from dementia. Dark spots can look like dirt spots or holes for someone with vision loss. Try to keep decor simple and meaningful — incorporate family photos into wall art or canvas prints.

Think Tactile

Touch is a huge sensation for the elderly, especially for those who suffer from Alzheimer's disease and dementia. Think cozy and comfortable when it comes to blankets and throws, but also incorporate lace, fur and denim to help excite the senses and stimulate memories.

Be Careful with Staging

Avoid plastic fruits and vegetables — and even berries on silk plants — as these items can easily be mistaken for food.