

# What to Bring

## Memory Care

**Welcome to the neighborhood!** We understand that packing and moving can be overwhelming, and we are here to help.

Please review the list below of suggested personal and furnishing items to bring to our community. Should you have any questions as you are planning, please feel free to reach out to our team.

### Personal Items:

- Tissues
- Toilet paper
- Toiletries; shampoo, conditioner, body wash, lotion, face soap, deodorant (stick type is best)
- Make-up
- Razor, electric models only
- Toothpaste, toothbrush, mouthwash, denture supplies
- Dentures: ask dentist to engrave with name, if possible
- Comb, brush, hair dryer, nail file
- Incontinence supplies: briefs, pads, flushable wipes
- Hearing aid container and batteries
- Glasses: engrave with name on the frame, if possible
- Medical equipment: labeled walker and/or wheelchair chairs and leg rests
- Medications: all prescribed and over-the-counter

### Furnishings: Apartments are unfurnished, we suggest the following items:

- Bed: frame and mattress/box spring
- Bedside table
- Bureau or dresser
- Comfortable chair
- Lamps
- TV, if desired
- Small desk or table
- Radio or music source
- Mattress pad and waterproof mattress cover
- 2 sets of sheets and blankets (washable only)
- Comforter or quilt (washable only)
- Pillows
- 3 sets of towels
- Laundry basket/hamper
- Hangers
- 1 waste basket
- Clock
- Wall artwork or family photos — suggest copies be made of any delicate artwork or photos
- Small items to place in shadow box



**Clothing:** All clothing must be machine washable and dryable. No dry clean only items.

- Purse or wallet: no active credit cards, suggest no cash. If this causes distress, consider checks that are voided or fake money.
- Daily clothing that is seasonally appropriate, fits well and is in good repair. Easy to put on and take off is best. Please label each clothing item with a laundry marker. Supply 6–8 outfits of clothing. If the resident has a favorite item, please try and provide 2 of this item so we may wash one. The family is responsible to replacing clothing as needed.

#### **Underwear and socks:**

- Women: front hooking bras and underpants, knee high nylons are fine
- Men: T-shirts and undershorts as well as light colored socks

#### **Sleepwear:**

- Women: 4 nightgowns or pajama sets
- Men: 4 sets of pajamas
- Bathrobe: wraparound style is best
- Slippers: 1–2 pairs of slippers with non-skid waterproof soles, washable are best
- Sweaters: 3 wash and dry sweaters. All sweaters will go into the dryer.
- Jacket and coat: one lighter weight and one heavier winter coat in season
- Dress outfit: one nice outfit for special occasions or outings with family. Please place this outfit on a hanger and cover with a plastic dry cleaner bag and label this “special outfit.”

#### **Paperwork:**

- Physician’s Orders for Life Sustaining Treatment (POLST), Social Security card, Medicare, and insurance cards
- Copy of Durable Power of Attorney (DPOA) for health care and financial or living will

#### **Pet Supplies (if applicable):**

- Vaccination records, all must be up to date
- License
- Food and supplies

#### **A few items NOT to bring:**

- Open flame candles
- Extension cords
- Electric blankets
- Heating pads
- Throw rugs
- Items of great sentimental or monetary value
- Sharp objects
- Cleaning chemicals
- Fragile collectibles
- Active credit cards or checks to active accounts
- Large amounts of cash
- Live plants that are toxic if consumed
- Weapons of any kind
- Over-the-counter drugs

Please be aware that it is common in memory care for items to “travel” from one apartment to another. To avoid confusion, we recommend refraining from bringing valuable items and, when possible, labeling belongings with the resident’s name.