

# **Assisted Living Move Checklist**

## **A Calm Planning Guide for Families Helping a Parent or Loved One Move**

Moving a parent or loved one into assisted living can feel emotional, rushed, and overwhelming. This checklist is designed to help your family think through the practical steps: what to bring, what to leave behind, who needs to be involved, and how to make the new space feel familiar and comfortable.

This guide is educational and logistical only. It is not medical, legal, financial, or facility-placement advice.

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# 1. Confirm the Move Details

Before sorting or packing, gather the basic move information.

- Name of assisted living community
- Move-in date
- Room or apartment number
- Floor plan or room dimensions
- List of furniture allowed by the facility
- List of items not allowed by the facility
- Main facility contact person
- Move-in time window
- Parking/loading instructions
- Elevator or loading dock reservation, if needed
- Required paperwork completed
- Medication, care, or nursing instructions coordinated with the facility

Notes:

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## 2. Walk Through the New Space

Try to understand the new room before deciding what to bring.

- Measure bedroom area
- Measure living/sitting area
- Measure closet space
- Check bathroom layout
- Check electrical outlet locations
- Confirm whether bed, dresser, or other furniture is provided
- Confirm whether mini fridge, microwave, or coffee maker is allowed
- Confirm wall-hanging rules for photos, clocks, or artwork
- Take photos or video of the empty room for family planning

Notes:

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## 3. Choose the Most Important Furniture

The goal is not to recreate the whole house. The goal is to bring comfort, safety, and familiarity.

Consider bringing:

- Favorite chair or recliner
- Small side table
- Bed or approved mattress setup
- Dresser or storage piece
- Small bookshelf
- TV stand or media table
- Lamp with easy switch
- Small dining or activity table, if space allows

Avoid overcrowding. Too much furniture can make the room harder to move around safely.

Furniture to bring:

- 1.
- 2.
- 3.
- 4.

Furniture to leave, donate, sell, or give to family:

- 1.
- 2.
- 3.
- 4.

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## 4. Pack Clothing for Daily Life

Choose clothing based on comfort, season, laundry routine, and storage space.

- Everyday shirts/tops
- Pants or comfortable bottoms
- Sweaters or light jackets
- Pajamas
- Robe
- Undergarments
- Socks
- Comfortable shoes
- Slippers with safe soles
- Coat or seasonal outerwear
- Special occasion outfit
- Laundry basket or hamper
- Labels for clothing, if recommended by the facility

Tip: Ask the facility how often laundry is done before deciding how many outfits to pack.

Notes:

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## 5. Bring Personal Comfort Items

Familiar items can help the new space feel less strange.

- Favorite blanket or quilt
- Family photos
- Framed pictures
- Clock
- Religious or spiritual items
- Favorite books
- Music player, radio, or speaker
- Hobby items
- Small keepsakes
- Calendar
- Address book
- Favorite mug or cup
- Decorative pillow
- Familiar artwork

Most important comfort items:

- 1.
- 2.
- 3.
- 4.

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## 6. Sort Important Papers

Keep important documents organized and easy for the responsible family member to access.

- Photo ID
- Insurance cards
- Medicare card, if applicable
- Prescription list
- Doctor contact list
- Emergency contact list
- Facility paperwork
- Power of attorney documents, if applicable
- Advance directive or healthcare proxy, if applicable
- List of allergies
- List of medical equipment
- Copies of key phone numbers

Important note: Keep original legal and medical documents secure. Ask the facility what copies they need.

Notes:

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## 7. Plan Medications and Health-Related Items

Coordinate this directly with the facility and appropriate medical professionals.

- Medication list reviewed
- Pharmacy information provided
- Medication management process confirmed
- Eyeglasses packed
- Hearing aids packed
- Dentures or dental supplies packed
- Walker, cane, wheelchair, or mobility device packed
- CPAP or other approved equipment packed
- Personal care supplies packed
- Emergency contact information provided

Notes:

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## 8. Prepare Bathroom and Personal Care Items

Ask the assisted living community what is supplied and what your family should bring.

- Toothbrush and toothpaste
- Hairbrush or comb
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Lotion
- Razor or shaving supplies
- Makeup or grooming items
- Towels and washcloths, if needed
- Shower caddy or basket, if useful
- Non-slip items only if approved by facility

Notes:

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## 9. Set Up Communication and Technology

Make it easy for your loved one to stay connected.

- Cell phone
- Charger
- Charger labeled
- Simple written instructions for phone or remote
- TV confirmed
- Cable, streaming, or antenna setup confirmed
- Wi-Fi information confirmed
- Tablet or computer, if used
- Important numbers written clearly
- Family contact list placed near phone

Helpful contacts to post:

- 1.
- 2.
- 3.
- 4.

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# 10. Decide What Happens to the Rest of the Home

This is often the hardest part. Create clear categories before sorting.

Use these decision categories:

- Bring to assisted living
- Give to family
- Donate
- Sell
- Store temporarily
- Dispose
- Unsure / family decision needed

Rooms to sort:

- Bedroom
- Bathroom
- Kitchen
- Living room
- Dining room
- Garage
- Basement
- Attic
- Closets
- Office or paperwork area

Family decision notes

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# 11. Coordinate Family Roles

Avoid confusion by assigning responsibilities.

- Main family contact chosen
- Person handling facility communication
- Person handling paperwork
- Person helping with belongings
- Person coordinating movers or vendors
- Person helping on move day
- Person visiting after move-in
- Family update method chosen: group text, email, shared document, or phone calls

Family roles:

Name:

Responsibility:

Name:

Responsibility:

Name:

Responsibility

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## 12. Plan Move Day

Move day should be as calm and organized as possible.

- Movers or helpers confirmed
- Arrival time confirmed
- Facility move-in time confirmed
- Parking/loading instructions confirmed
- Essentials bag packed
- Medications handled according to facility process
- Important papers kept with family
- Phone charger packed separately
- Snacks/water available
- Change of clothes available
- Bed setup prioritized
- Favorite chair placed early
- Bathroom basics unpacked early
- Family member or support person available for reassurance

Move day notes:

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## 13. Pack an Essentials Bag

This bag should stay with the family or senior, not buried in boxes.

- ID and insurance cards
- Medication list
- Phone and charger
- Glasses
- Hearing aids
- Toiletries
- Change of clothes
- Pajamas
- Important phone numbers
- Snacks or water, if appropriate
- Favorite small comfort item
- Facility paperwork

Notes:

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## 14. Set Up the New Room First

A good first day setup can make the move feel less overwhelming.

Set up first:

- Bed made
- Favorite chair placed
- Nightstand arranged
- Lamp plugged in
- Bathroom basics placed
- Clothing put away
- TV or phone set up
- Family photos placed
- Clock visible
- Calendar visible
- Walker/cane/mobility device accessible
- Clear walking paths
- Trash removed
- Boxes cleared or neatly staged

Goal: The room should feel livable before the first night.

Notes:

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## 15. After Move-In

The transition does not end when the boxes arrive.

- Confirm senior has eaten or has meal plan information
- Confirm medications/process with facility
- Confirm call button or emergency process
- Confirm phone works
- Confirm bathroom items are reachable
- Confirm clothing is put away
- Confirm family photos and comfort items are visible
- Check in after first night
- Visit or call within the first few days
- Make a list of missing items
- Remove extra boxes or clutter
- Adjust room layout if needed

Notes:

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## 16. Questions to Ask the Assisted Living Community

- What furniture is included?
- What items are not allowed?
- Are rugs allowed?
- Can pictures be hung on the wall?
- How is laundry handled?
- How are medications managed?
- What is the move-in time window?
- Is there a loading dock or elevator reservation?
- Where should movers park?
- Are there preferred movers or vendors?
- What should family bring on the first day?
- Who should the family contact with questions?

Notes:

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## 17. When the Move Feels Overwhelming

It is normal for families to feel emotional during this process. You may be sorting decades of belongings, coordinating siblings, managing paperwork, and trying to support a parent through a major life change.

You do not have to do every step alone.

Living Well Senior Logistics can help families with planning, sorting, move coordination, family decision inventory, and resettling the new space with care.

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# How Living Well Senior Logistics Can Help

We help seniors and families make downsizing, moving, and settling into a new home calmer and more organized.

We can help with:

- Move planning visits
- Downsizing support
- Room-by-room sorting
- Family decision coordination
- Photo inventory of belongings
- Vendor coordination
- Move-day organization
- Unpacking and resettling
- Assisted living room setup
- Family updates

We are not a medical provider, legal advisor, estate appraiser, real estate broker, or moving company. We provide planning, organizing, coordination, and resettling support.

## Request a Move Planning Visit

If your family is preparing for an assisted living move, we can help you think through the next steps.

Senior Moves Made Gentler

Living Well Senior Logistics is based in Ocean County, New Jersey, and serves families through [LivingWellSeniorLogistics.com](http://LivingWellSeniorLogistics.com) and [SeniorMove.care](http://SeniorMove.care).

We are not a large national company. We are a small, family-run business led by an experienced senior care and transition professional who began her journey as an immigrant from the Philippines, worked her way up through home care, hospice support, healthcare marketing, and eventually owned and operated her own home healthcare company in New Jersey. After more than 20 years of helping seniors and families, she now brings that experience to Living Well Senior Logistics.

Every senior matters to us. Whether your family is nearby in New Jersey or trying to help a loved one from another state, we understand how emotional and overwhelming a move can feel. If you are not sure where to start, contact us. We will listen, help you think through the situation, and figure out the next practical step together.

Visit: [Seniormove.care](http://Seniormove.care)

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