

# What to Pack



Noting that it's recommended to leave family heirlooms, items of great value, large amounts of cash, and medications at home, practicalities should influence the packing list. Restrictions may apply for residency in our Secure Memory Care Unit.

- Name and phone number of Primary Care Physician
- Phone numbers of relatives, friends and emergency contacts
- Prescription Plan ID cards
- Living Will or advance directives, and power of attorney, if applicable
- Assistive devices such as wheelchair, walker or cane to be assessed by therapy
- Splints, braces or orthotics
- Clothing easy to take on and off, and able to withstand frequent laundering
- At least one week's worth of clothing clearly labeled with the resident's name:
  - Cozy non-skid socks and non-skid slippers
  - Soft-soled, rubber or athletic shoes with non-skid soles
  - Home-wear, such as underwear, pajamas and a robe
  - Comfortable items such as t-shirts, sweatpants and sweatshirts
  - Sweater, vest or jacket due to tendency of residents to be cold
  - Shorts for those who have had leg surgery
  - Shirts with buttons for therapy including getting dressed
- Accessories that capture the individual's unique style, such as scarves or hats
- A purse or wallet to promote the feeling of independence and a sense of control
- Small amounts of cash (\$5 or less), if desired; remember to not pack credit cards
- A cozy lap blanket or comforter able to withstand frequent laundering, if desired
- Hearing aids
- Dentures, supplies and containers
- Preferred toothbrush and toothpaste, if desired
- Favorite personal care products, such as makeup, body powder, aftershave lotion, hair supplies including a comb or brush, and deodorant to make the Activities of Daily Living more comfortable
- TV, if not provided
- Labeled DVD player, CD player, smart phone, laptop, wireless headphones, and all chargers/cords
- Decorative items such as knickknacks, low maintenance plants, window clings, family photos, favorite artwork, and a calendar with family events to help your loved one remember special dates
- Personal interests such as books, religious texts of choice, puzzles, deck of cards, adult coloring book and colored pencils, and a bin with favorite arts and crafts
- Remember to not pack anything of great value, large amounts of cash, credit cards, medications, items with sharp points/edges, weapons, electric blankets, any sort of open flames like candles, or

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**QUESTIONS? Please contact our Social Services Director at 269.857.2141.**