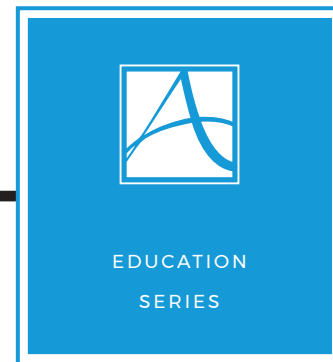


MOVING TO ASSISTED LIVING: WHAT TO PACK



You or a loved one have made the decision to move to an assisted living community. You researched options, toured communities, and chose the one that fits your lifestyle and needs the best. But now you have to pack!

For many, this means sorting through years and years of mementos, deciding what to keep and what to give away, and assessing what will fit in your new space. It's a big job and can be overwhelming. It's important to have a plan to go through belongings methodically so you are prepared for moving day.

GET A FLOOR PLAN OF YOUR LIVING SPACE

Before you even start deciding what to keep and what to donate, get the dimensions of your living space. Whether it's a single room, apartment, or other dwelling, the community should have an accurate floor plan. Be sure to measure bedding and furniture to make sure it will fit.

HOME FURNISHINGS

Check with the community about furnishings that are provided and those you need to bring. Depending on what they allow you to use, plan to pack:

- Sofa, chair/recliner, end tables, coffee table, dresser, entertainment table/tv console, small kitchen table, and mirror
- Folding chairs for guests
- Kitchenware such as dishes, glasses, cutlery, small pans, and utensils
- Bedding such as comforter, blanket, throw blanket, pillows, and sheets
- Lamps
- Framed photos, artwork, family keepsakes, and other decorative items

THE NECESSITIES

Necessities for everyday life vary from person to person but likely will include:

- Small appliances like a mini-fridge, coffeemaker, teapot, toaster oven, or microwave
- Clock/alarm clock
- Hangers
- Eyeglasses, hearing aids, canes, walkers, personal wheelchair, or scooter

- Cleaning wipes (most communities will do the "heavy cleaning")
- TV, stereo, computer, and tablet
- Books, magazines, and journal
- Toiletries such as toothbrush, toothpaste, dental floss, mouthwash, soap, shampoo, lotion, razors, shaving cream, make-up, deodorant, nail clippers, cotton balls, and cotton swabs
- Current medications (make sure the community has the list too) and vitamins

CLOTHING

- Comfortable clothing that is easy to slip on and off, like sweatpants, pull-on pants, sweaters, or loose t-shirts
- Pajamas, bathrobe, and slippers
- Shoes, socks, and underwear
- Jacket, coat, windbreaker, raincoat, and sweatshirt/hoodie
- A dressy outfit or two for special occasions

Use this as a handy list to check off as you pack. Making sure you're packed and ready to go will make moving day go more smoothly as you transition into your new home.

ABOUT AVAMERE

Avamere is dedicated to the health and well-being of seniors. When approaching the unique care needs and living situations of the individuals we serve, we strive to provide what they need to remain comfortably in the residence of their choice. Avamere's diverse companies operate in 248 locations across 19 states. Avamere is proud to be considered one of Oregon's most admired companies as they continue to serve their valued patients and residents. For more information, please visit avamere.com.



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