



Senior Living and Care Solutions



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## Checklist of recommended items when moving to an Assisted Living or Memory Community: *(If apartment comes unfurnished)*

1. 2 sets of twin extra long bed sheets (specific size for hospital bed)
  - a. 2 sets of any size sheet if not using hospital bed
2. 1 comforter or blanket
3. Bed bug & allergy cover for mattress
4. 1-2 pillows with bed bug covers
5. 5 of each: body towels, hand towels, washcloth
6. Shower Chair (if needed)
7. Non-slip bath mat (important to be non-slip to avoid tripping)
8. Toilet paper / tissue boxes / toilet brush
9. 1-2 small trash cans (with trash liners)
10. Air Freshener(s)
11. 1 shower curtain and shower liner
12. 10-14 clothing outfits
13. Comfortable shoes and socks
14. Clothes hangers
15. Toiletries
  - a. Bath soap, deodorant, briefs, shampoo, toothbrush, toothpaste, lotion, hand sanitizer, etc.
16. Undergarments
  - a. Bathrobe, pajamas, etc.
17. Shower chair if needed
18. Photos from home of family, friends, and spouse
  - a. Mementos that remind them of home
19. Alarm clock
20. Any devices needed:
  - a. Walker, cane, wheelchair, etc.

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