

HOMESTEAD NEIGHBORHOOD

MOVE-IN CHECKLIST



The following checklist is meant to help you to prepare to move your family member into the Homestead Program. Feel free to ask the Marketing Director or Homestead Program Director if you have any questions about any of the areas on this form.

I. ROOM FURNISHINGS

Take a look at your family member's present living situation, and identify some of the items that mean the most to the resident. These are some of the items that you may want to move into the apartment. If possible, set up room similar to the set up at home. This helps to minimize the newness.

- _____ Bedspreads, pillows, and comfortable chairs are items that the resident may recognize. New items may not be recognized by the resident as theirs.
- _____ Chairs need to be sturdy and have arms on them.
- _____ An automatic light-sensitive night light for the bathroom is recommended.
- _____ 2 – 3 sets of sheets, towels and facecloths.
- _____ Waterproof mattress cover for the bed. Accidents do happen.
- _____ Photo albums of fond memories and family pictures; diplomas or plaques for the wall.
- _____ Most of our residents do not have a T.V. News programs, especially, can be frightening, and most T.V. controls are too complicated for our residents to manage.
- _____ Most of our residents do not have a phone, especially if the resident is no longer able to use the phone independently.
- _____ Rugs and area rugs are **not** recommended secondary to increased fall risk.
- _____ Please bring a clothes hamper.

II. CLOTHING

- _____ Limit clothing. This cuts frustration. Also, remember the size of the closet. Pairing 7-10 mix and match outfits is a good plan. Additionally, clothes can be rotated on a seasonal basis to keep things simpler.
- _____ Clothing that can be laundered is a must, and mix and match is highly recommended. Dry cleaning articles are discouraged, as they will need to be taken care of by the family.
- _____ **Label all clothing with the resident's name. Indelible marker is recommended.**
- _____ A few washable cardigan sweaters and a coat, hat and gloves in winter months.
- _____ If purchasing new clothes, consider one size larger for comfort.
- _____ 2 – 3 pairs of supportive shoes or sneakers and 1 – 2 pairs of slippers. No high heels. Please label shoes with resident's name. (Indelible marker.)
- _____ A clothes hamper will provide us a place to store clothing to be laundered.

III. OTHER SUPPLIES

- _____ Glasses and hearing aides need to be labeled with the resident's name.
- _____ False teeth need to be labeled and can be etched by the dentist.
- _____ Raised toilet seat with arms can make it easier for resident to get on and off the toilet.
- _____ Tissues are in common areas, but please purchase tissues for the resident's private room.
- _____ Portable hair dryer if needed and electric shaver for women also, labeled.
- _____ Bath mat for outside the shower.
- _____ Notions like toothpaste, body wash & lotions.
- _____ Incontinence products, such as Depends, should also be supplied monthly.

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Other Supplies-Continued

- _____ Please provide wipes for proper cleansing. Toilet paper **is** provided.
_____ Digital thermometer, small supply of band-aids.

IV. MEDICATIONS

- _____ **All medications**, even over the counter medications, need to be discussed with the nurse.
_____ **All medications**, even over the counter medicines, **must** be kept in the locked box in each resident's room.
_____ If family members choose to prefill pill dispensing boxes, they need to be done weekly or every two weeks. Prefill boxes are available from the nurse.

OR

- A pharmacy service that will blister pack medications can be arranged by families.
_____ **Always** notify the nurse (extension 114) or Resident Care Director with updated medication changes or new medical diagnoses.

V. VALUABLES

- _____ All jewelry of sentimental or financial value should be held by the family. Replace valuable pieces with similar costume jewelry.
_____ Please do not include valuable or irreplaceable items in the resident's furnishings or decorations.
_____ Important mail will be directed to the family and should not be sent to the resident. We do encourage families and friends to send cards, magazines, etc.

VI. MOVE-IN STRATEGIES: FURNITURE & BELONGINGS

Families should plan ahead to allow time for furniture delivery and set up. The goal of move-in day is to have the resident join with others in our activities and meals. Our objective is to begin establishing a daily routine as soon as possible.

Best Option: Move furniture in a day or more **before** the resident moves in:

- This is the preferred option because this allows us to concentrate fully on the resident and their needs on the day of move-in.
- Our Maintenance Department will have more time to hang pictures and will do their best to accomplish this before the resident actually occupies the apartment.

Option 2: Move in furniture the day of resident move-in:

- If you choose this option, you must be sure the movers can arrive **no later than noon**.
- Apartment furniture and unpacking needs to be set up no later than 2 p.m. the same day.
- We want to avoid new residents being in the middle of the actual move-in of their furniture/furnishings.
- Our Maintenance Department can hang pictures, but may not have time to accomplish this by the end of move-in day.