



Moving to The Argyle:

Here is your Packing Checklist!

What to bring? What to leave behind? If you're moving into assisted living, keep in mind that you will still use most of the same sorts of things you are using now. But it's important to remember that space is usually limited, so think smaller-scale with fewer items.

Adult children often want to move the "best" furniture and household goods from a parent's home, or select nice new replacements. But many older adults tend to prefer (and thrive with) what's familiar and comfortable -- so be sure to sound out and respect your loved one's real preferences to help ease their transition to assisted living.

Furniture

- Bed-all mattresses must have a mattress cover that zips and totally encloses the whole mattress
- Nightstand (ideally with drawers and shelves)
- Seating (small sofa, recliner, chairs with arms, rocker; avoid chairs on casters)
- Small table(s) with storage, such as shelves or drawers
- Small kitchen table or drop-leaf table (a standard dining table is usually too big)
- Dresser (second dresser for storage may fit in entryway for extra storage; drawers are often easier than hanging everything)

Housewares

- Mini fridge
- Dishes and glasses to use every day (but probably not settings for 10 or 12)
- Bedding (two sets sheets, blankets, pillows, comforter)
- Bath towels, washcloths
- Hangers
- Shower Curtain

Personal items

- Clothes-labeled with room number (winnowed to fit closet space; include pajamas, robe, sweaters for air conditioning, nice outfits for socializing; two weeks' worth of underwear and socks so there's a clean set available while the other is in the laundry)

- Shoes, nonskid slippers (minimal pairs needed)
- Basic toiletries
- Incontinence Supplies
- Kleenex
- Mobility Devices-walker, wheelchair, cane
- Properly Labeled Medications-must be in original packaging
- Small file or other storage for medical, legal, financial paperwork
- Photographs to display or look at in books (digitize everything else to store)
- Special heirloom or memento to give a sense of home

Decorations

- Wall décor (photographs, paintings)
- Lamps, lightbulbs
- Clock
- Vase
- Throw (for toss-on warmth)

Entertainment

- Television-can not be mounted on the wall
- Music system (if used; make sure your loved one knows how to operate it)
- Desktop, laptop, or tablet computer (if your loved one will use it)
- Hobby supplies (needlework, paints, craft materials within reason, cards, books, sporting goods such as golf clubs or bowling ball)

What NOT to Pack for a Move to The Argyle

As you're preparing to move into The Argyle, there are a number of items that you might be tempted to bring -- but that are better left at home. Think twice before packing:

- Lots of knickknacks or collectibles (surface space will be limited)
- Throw rugs or area rugs (they're a tripping hazard)
- Chairs on wheels
- Seldom-worn jewelry
- Multiples of most things (e.g., mugs, appliances, bathrobes, coats, handbags)
- Large-scale furniture
- Boxes of stored items (bring only what's used regularly)
- Items with a heating element-Microwave, toasters, heating blankets, coffee/tea pots,etc
- Bed canes or bed rails