

## CHECKLIST FOR MOVING TO AN ASSISTED LIVING HOME

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**YOU HAVE LOTS OF QUESTIONS.** It is an emotional time. Everyone's situation differs. What do I take with me? What is provided for me? What will I do if I forget something?

**DON'T WORRY.** You are not the first person moving to your new home. The people at the home have welcomed lots of new people, and will be there to help you move in and adjust. They can give you advice on what to bring (and what not to bring). They will be there to help out if you forget something. And they can answer all your questions as long as you **ASK!**

**RELAX** - you will now have more help, planned entertainment and lots of new friends who understand your concerns. Ask about anything that you need to know – someone will help you.

This is a **CHECKLIST** of common things to pack. Some of these items you will not need, and there will be other items you do need. **REMEMBER**, you need to downsize for a smaller space...take only what is necessary. If you miss something, get it later.

<b>Clothing</b>		
Shirts / blouses		
Pants / slacks		
Dress suit and coordinates		
Socks		
Underclothing		
Shoes		
Slippers		
Bathrobe		
Pyjamas		
Belt / suspenders		
Sweaters		
Coat / hat		
Gloves / scarf		
Boots		
Other:		

<b>Personal care needs</b>		
Medications and vitamins – Prescription and non-prescription		
Toothbrush / toothpaste / dental floss / mouthwash		
Razor / shaving cream / aftershave		
Nail files, clippers		
Makeup / makeup remover		
Deodorant, body powder		
Lotions, creams and other cosmetics		
Hairbrush / comb		
Shampoo /other hair products		
Cane / walker / wheelchair		
Incontinence and other personal health care needs		
Pillow if you need a special one		
Blanket or throw for extra warmth		
Prepare a list of special dietary needs or restrictions		
Prepare any special medical or personal health care needs, allergies, etc.		
Other:		
<b>Personal belongings</b>		
Jewelry		
Eye glasses, including sunglasses		
Driver's license		
Health insurance card		
Personal hobby supplies (games, cards, art supplies, etc.)		
Personal address book for friend and family contact info		
Purse / wallet		
Other:		
<b>Stationery and Supplies</b>		
Notepaper / writing pads		
Pens / pencils / calculator		
Envelopes and stamps		
Books, magazines, reading materials		
Other:		

<b>Furnishings and equipment, as applicable</b>		
Alarm clock		
Radio, television (and cabinet, if required)		
Bedside table or nightstand		
Computer and stand		
Writing desk, filing cabinet (with lock) and/or bookcase		
Cellular telephone and charger / Landline telephone		
Camera		
Card table or TV tray tables		
Mini-safe for valuables (e.g. for under the bed/in a closet or dresser)		
Dresser for clothing (likely already provided)		
Mini-fridge (most other electrical appliances will not likely be permitted)		
Favourite wall hangings and table top photographs		
Candy dish / fruit bowl for candies and snacks		
Other:		
<b>Personal items for secure storage</b>		
Passport		
Birth certificate		
Cheque book		
Small balance of cash		
Other		

## HINTS FOR YOUR MOVE

- Clothing – take enough for about 2 weeks, not your lifetime wardrobe – space is limited.
- Medications – take them all, and write down the directions because it is likely that the nursing staff will be storing these for you and delivering them as required. While you may be capable of doing your own medication, you may get confused in the future and the nursing assistants will want to take control now to avoid any problems.
- Financial records – take only your current needs, and arrange for family to store older records that you may still need for tax or other purposes.
- Either you or the staff at the home should label your belongings to ensure they do not get mixed up with those of other residents. Iron on or sew-on labels can be purchased.
- Your new home may have a secure area to store extra cash or certain valuables for you, as well as some limited storage for out-of-season clothing.

## PLANNING NEEDED BECAUSE OF THE MOVE

These are some things to plan for, and ask your family and friends to help as needed.

Advise your neighbours, friends and relatives of your move, and ask them to collect any flyers, etc. that may be left in view		
Redirect your newspapers to your new home		
Arrange to stop cable television and Internet services		
Reassign your telephone number to your new home		
Contact your insurance agent to determine if there are any issues with your home coverage, such as needing someone regularly inspect the premises		
Change your address for all mail, such as the Canada Revenue Agency for taxes; Service Canada for CPP and Old Age Security; former employers for pension income; your financial institutions, including banks, lenders, investment brokers and insurance agents; credit card companies; oil and electric companies; medical practitioners; charities; lawyer and financial advisors; etc. Set up a forwarding address with Canada Post.		
Consider installing a home security system to monitor for unauthorized access, freezing temperatures, smoke and/or water access until sold, and set up light timers to turn lights on and off during the evening hours		
Advise your tax preparer of your move, and ask whether you qualify for any deductions at your new home, such as an attendant care credit		
Determine the future of your home. If to be sold, determine when and plan for cleaning out the remainder of your belongings. Consider: <ul style="list-style-type: none"> <li>• If you have heirlooms and keepsakes to go to specific family members or friends, do it now – or at least, write down these wishes and keep it with your Will.</li> <li>• If you have valuable antiques, consider a donation to a museum in exchange for a charity receipt.</li> <li>• For collectibles and valuable jewelry, contact collectors or jewelry stores that may be interested in buying such items.</li> <li>• For furniture or saleable items, contact dealers who buy and sell used items; contact an auctioneer who may hold an auction (alone, or in combination with someone else's belongings); list the items on an Internet web site such as Kijiji; consider a yard sale; or donate to a worthy organization to help needy people.</li> </ul>		
This is a good time to review many other matters, such as preparing or updating your Will, Power of Attorney, Living Will (or Health Care Directive), funeral plans and your investment and insurance planning.		