

Memory Care Move-In Checklist

All Home Again memory-care locations are community-based residential facilities (CBRFs). Personal furnishings and linens are welcome, not required purchases. Tell our Thrive team what essentials you need us to provide.

Preferred belongings

- ☐ Preferred laundry basket or hamper, labeled with the resident's name and apartment number.
- ☐ Favorite bedding, pillow, or blanket for familiarity, if desired.
- ☐ Personal towels and washcloths, if preferred. We provide the basics listed below when you do not bring your own.

Preferred personal-care products

- ☐ Shampoo and conditioner.
- ☐ Body wash and preferred soap.
- ☐ Toothbrush, toothpaste, denture supplies, or other oral-care items.
- ☐ Preferred grooming products and familiar toiletries. Tell us if help obtaining supplies is needed.

Clothing

- ☐ Comfortable, easy-to-manage everyday clothing.
- ☐ Undergarments, socks, pajamas, and seasonal outerwear.
- ☐ Shoes and slippers with non-slip soles.
- ☐ Enough familiar clothing for regular laundry rotation.
- ☐ Label clothing and easily misplaced belongings when practical.

Plan supplies with our team

- ☐ Confirm what is already supplied before shopping.
- ☐ Discuss personal-care products, continence supplies, and any special equipment.
- ☐ Review the Admission Agreement and service plan for supply arrangements and any charges.

CBRF basics: Home Again provides when needed

If you do not bring your own, we will supply a suitable bed; clean, comfortable mattress and mattress pad, with waterproof protection when needed; pillow, bedspread and seasonal blankets; and adequate clean sheets, pillowcases, towels and washcloths. We also ensure adequate closet or wardrobe space with hanging rods, shelves and drawers. Please tell us what you need before move-in.

Create a Familiar, Safe Apartment

Bring meaningful items and leave clear space to move safely. Check apartment measurements and existing furnishings first. We provide required privacy coverings, adequate lighting, and needed bathroom supports.

Familiar comfort items

- ☐ Recognizable, current family photos and familiar artwork or decor.
- ☐ Favorite blanket, quilt, pillow, or bedding.
- ☐ A familiar chair or recliner. Your own dresser or nightstand is optional; required clothing storage is provided.
- ☐ Meaningful objects tied to hobbies, family, career, or life history.
- ☐ Favorite books, magazines, music, or simple activities.
- ☐ A familiar clock or easy-to-read calendar, if helpful.
- ☐ Television or personal wastebasket, if desired; check what is supplied and suitable.

Please do not bring

- ☐ Candles, wax melts, or candle warmers.
- ☐ Space heaters or hot plates.
- ☐ Essential oil diffusers.
- ☐ Extension cords.

Discuss with staff first

- ☐ Shower chairs and other bathroom equipment, before buying or installing.
- ☐ Air purifier or dehumidifier, subject to approval for the apartment.
- ☐ Mini refrigerator or microwave. Confirm what is provided; suitability depends on safe use and apartment setup.
- ☐ Toaster, only if appropriate and approved by the community.
- ☐ Humidifier. Larger units may interfere with or set off the fire alarm system.
- ☐ Heated blanket: resident-specific staff approval, automatic shutoff, and overheat protection are required. Follow manufacturer directions.

Best left with family

- ☐ Large amounts of cash or valuable jewelry.
- ☐ Irreplaceable or high-value sentimental items.
- ☐ Items that could cause distress if lost or moved.
- ☐ Large collections that crowd the apartment or make navigation harder.

Help Us Know Your Loved One

The most valuable thing to bring is what helps us know the person. Share history, routines, abilities, preferences, and what brings comfort on a difficult day.



Our Thrive Memory Care program is built around the individual. Understanding your loved one's life helps us make each day more familiar, supportive, and personal.

Life story and preferences

- ☐ Past career, hometown, life roles, and proud accomplishments.
- ☐ Names and relationships of close family and friends.
- ☐ Favorite music, shows, sports, books, hobbies, and activities.
- ☐ Favorite foods, drinks, snacks, and dislikes.
- ☐ Religious, cultural, and personal traditions.
- ☐ Preferred name and how they like to be addressed.

Daily routines and comfort

- ☐ Usual wake-up and bedtime routines.
- ☐ Preferred bathing time and what makes personal care easier.
- ☐ Typical meal times and eating habits.
- ☐ What helps with anxiety, frustration, hesitancy about care, or tiredness.
- ☐ Topics, situations, or approaches that cause distress.
- ☐ Favorite ways to relax, rest, exercise, or enjoy quiet time.

Health information and care planning

Complete admission paperwork. Provide the medication list, pharmacy and healthcare-provider contacts, requested insurance details, emergency contacts, and legal or healthcare representative information. Discuss health or mobility changes, falls, wandering concerns, sleep, eating, behavior, and personal-care needs. Confirm supplies and support in the service plan.

Move-In Day and the First Weeks

Plan to move in before noon and confirm the date and arrival time with your Community Director. Share your loved one's usual routine so you can plan together and avoid especially stressful times when possible.

Prepare the apartment

- ☐ Confirm measurements and which furnishings and appliances are provided.
- ☐ Label clothing, laundry items, glasses cases, mobility equipment, and easily misplaced belongings.
- ☐ Set up familiar bedding, photos, and comfort items before or soon after arrival.
- ☐ Pack frequently used items separately for easy access on the first day.

On move-in day

- ☐ Tell staff about last-minute medication, health, mobility, or behavior changes.
- ☐ Show staff where important belongings and comfort items are located.
- ☐ Keep explanations calm and simple if repeated discussion of the move increases anxiety.
- ☐ Allow the team time to build a familiar routine and relationship.

During the adjustment period

- ☐ Expect the new environment to take time to become familiar.
- ☐ Keep visits calm and reassuring. Shorter, positive visits may help if longer visits increase fatigue or anxiety.
- ☐ Share your observations and ask what staff see at different times of day.
- ☐ Raise concerns early so the care plan and daily approach can be adjusted together.

We are here to help you prepare.

Contact your Community Director with questions about belongings, timing, or helping your loved one feel at home.

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