

Senior Living Move-In Checklist

Every cherished belonging packed, every familiar comfort carried forward — a move like this is so much more than a change of address. It's a new chapter, filled with possibility and the promise of care. This checklist was created to guide your family through each step, turning what can feel overwhelming into something manageable, meaningful and even hopeful.



Room Essentials

Bedding & Linens

- Two sets of soft, familiar sheets
- A lightweight comforter or favorite quilt
- Extra pillows for positioning and comfort
- Discreet bedside storage for personal items

Lighting & Atmosphere

- Touch-lamp for easy night access
- Nightlights for hallway/bathroom safety
- Personal mementos and framed photos
- Charging cords that are facility compliant

Practical Comforts

Maintaining a sense of familiarity is key to a smooth transition. Focus on items that encourage easy movement and evoke positive memories.

- Clothing: Soft fabrics with easy-access closures (elastic waists, velcro)
- Footwear: Non-slip slippers and comfortable walking shoes
- Decor: A favorite armchair or small side table from home

P R O T I P

Label all clothing and personal items discreetly to ensure they stay with your loved one.

Safety & Logistics

Beyond the sentimental, the practical details are what keep your loved one safe and supported. Use this reference table to ensure nothing critical is left behind or overlooked on move-in day and beyond.

Category	Essential Items
Paperwork	Government-issued ID, Medicare & insurance cards, Power of Attorney documents, Medical records and immunization history
Medications	30-day supply of all prescriptions, written list of dosages and schedules, over-the-counter medications, and pharmacist contact information
Emergency Contacts	Primary family contact (name, phone, relationship), secondary emergency contact, primary care physician, specialist doctors, and the facility's emergency line — all in a laminated card kept in the room
Financial Documents	Bank account information for billing setup, Medicare/Medicaid benefit letters, long-term care insurance policy, checkbook or pre-authorized payment forms, and a small amount of petty cash for incidentals
Spare Keys & Access	Spare key to any personal lockbox or safe brought to the facility, key to the family home if your loved one may return for visits, and PIN or access codes provided securely for trusted family members
Tech & Communication	Charged tablet or smartphone with family contacts pre-saved, phone charger and backup battery, hearing aid batteries, TV remote labeled with large-print stickers, and login credentials for video calling apps stored safely
Legal & Advance Directives	Living will or advance healthcare directive, do-not-resuscitate (DNR) order if applicable, healthcare proxy designation, and attorney contact details — provide copies to the facility's care coordinator on arrival

Need professional guidance for your transition?

Our team at The Golden Move is here to support you every step of the way.

[Book Free 15-Minute Consultation](#)

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