

Moving to Assisted Living Checklist

After the apartment has been selected and a move date decided, there are many things you can do to make the move to Assisted Living a great one.

Here are a few suggestions to help you get started:

Healthcare Items

- Meet with a primary care physician to complete necessary paperwork.
- Have a conversation as to whether the new resident will continue seeing their primary care physician or plan to use the community's physician.
- Create a list of current medications. Discuss options with the senior living community for how medications can be administered and refilled in the future.
- Write down the schedule of when medication is administered. Give this to staff members to create consistency.
- Create additional copies of any important paperwork such as Durable Power of Attorney and Healthcare and insurance cards for the community to have on file.

Moving To-Dos

- Find a moving company.
- Start downsizing.
- Cancel utilities and other current services.
- Forward mail through the post office.
- Update delivery address for newspapers and magazines.
- Notify friends and family of new address and other contact information.
- Ask the senior living community if there are any items that should NOT be brought.

If moving to a Lutheran Senior Services (LSS) Community, the LSS Move-In Resources Team is available to help with moving logistics, planning, and references!

Getting Comfortable

- Ask the senior living community for a copy of their lifestyle enrichment and dining calendars.
- Consider new hobbies or activities that the community offers.
- Create a standing "date" with family members to check in at regular times.

