

# STEP 3: MOVING DAY Assisted Living

---

## TOP 5 ESSENTIALS

1. Breathe!
2. Focus on one room at a time when unpacking
3. Try to remember to not exhaust or hurt yourself
4. Don't spend all night unpacking. Better to finish at a decent hour and start again in the morning.
5. Be sure to call every 12 hours for the first 72 hours of admittance

## CHECKLIST

Location	Completed	Not Necessary	Notes
Confirm transportation for senior to facility (ambulance if necessary)			
Confirm family and friends to meet at facility to ease transition			

Safety	Completed	Not Necessary	Notes
Ensure safe admittance (wheelchair, contact person)			
Double check elevator is working			
Request balance and vision test directly after move-in			

Unpacking Rooms/Apartments	Completed	Not Necessary	Notes
Post floor plan on front of door to room to assist movers			
Setup bedroom first (make bed, unpack toiletries, setup lamps)			
Unpack clothing			
Tackle unpacking kitchen and living room			
Test call system in room			
Re-check grab bar by bed and in bathroom			
Ensure resident knows how to use/operate all-things technical and non-technical (call system, telephone, television, thermostat, stove, microwave, sink, shower, door locks, elevator, radio)			

**Staff and Residents****Completed Not Necessary****Notes**

Ensure staff is introduced to new resident			
Ensure new residents' comfort and orientation			

**Care****Completed Not Necessary****Notes**

Reconfirm communication practices about care of senior (if changes occur)			
Confirm medical team/services			

**Meals****Completed Not Necessary****Notes**

Eat meal with new resident to help orient			
---	--	--	--

**Activities****Completed Not Necessary****Notes**

Confirm all appointments and transportation with staff			
--	--	--	--

**Facility Features and Aesthetics****Completed Not Necessary****Notes**

Ensure resident is scheduled for grooming/beauty shop services			
Ensure resident knows how to use anything technical (television, alarms, thermostat)			

**Costs****Completed Not Necessary****Notes**

Ensure incontinence supplies were purchased			
Ensure senior is at the assessed level of care for cost determination			
Determine process of payment for services (how to get the facility it's \$\$)			