

Moving Into Assisted Living

Your Step-by-Step Companion for a Smooth Move

Moving into assisted living is a big step — one that comes with many emotions and questions. At StoryPoint Group, we believe this transition should bring you and your loved ones peace of mind, comfort, and the excitement of a new community to call home.

To help you feel prepared and supported every step of the way, we've created this easy-to-follow checklist. Inside, you'll find practical tips and thoughtful reminders to make packing, organizing, and settling in as stress-free as possible.

Use this guide as a companion throughout your move. And remember — our dedicated team is always here to answer questions and provide the personalized care you deserve.

1. Pre-Move Logistics

Visit your new community a few times - **being comfortable in your new surroundings** will help ease any stress or discomfort surrounding the move

Gather legal, medical, and financial paperwork (like **IDs, insurance cards, medical records, and power of attorney forms**). Keep these in a labeled folder for easy access

Set up **mail forwarding** with the post office, and notify your contacts of your new address - friends, family, doctors offices, etc

Work with your doctor and the new community to ensure your **medications are transferred and handled** appropriately

Arrange **transportation for your belongings** from your old residence to your new community. Consider **hiring movers**, or asking family and friends for help

2. Bedroom

Comfortable clothing for **all seasons**, plus a few special occasion outfits for parties or other events

Pajamas, housecoat/robe

Supportive shoes for indoors and outdoors, slippers

Bedding (comforter, pillow)

Bedside clock

Laundry basket or bag

Jewelry and/or accessories

3. Bathroom

Daily toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)

Skincare products or shaving supplies

Towels and washcloths (if not provided by community)

Hairbrush, comb, hairdryer (if needed)

Medications and any special medical supplies

4. Kitchen

Favorite mug, water bottle, or cup

Plates, bowls, utensils

Small snack items (non-perishable)

Tea, coffee, or other personal beverage choices

Small kitchen tools if needed (can opener, jar opener, etc)

5. Living Area

Cozy throw blankets and/or pillows

Books, puzzles, or other hobby items

TV and remote, headphones, music player

Phone or tablet with charger

Small decor, like plants, family photos, artwork.

Calendar or planner

6. Important Personal Items

Identification and insurance cards
Health records and medication list
Power of attorney documents or advance directives
Address book with important contacts
Wallet or purse with necessary cards, cash, etc.

7. Optional Personal Touches

Favorite hobby supplies (knitting, crosswords, crafts, chess board)
Seasonal decorations for holidays
Personal furniture items

Helpful Tip:

Before packing, check with the assisted living community for their recommended packing list and size guidelines for furniture and decor. They'll share what's provided, so you can skip unnecessary items.

Feel Ready, Feel at Home

1. **Preparation Brings Peace of Mind:** Taking time to plan, organize, and pack thoughtfully helps ensure a smooth transition — for both you and your loved ones.
2. **Keep It Personal and Comfortable:** Bring familiar items that make your new space feel like home. Personal touches go a long way in creating comfort and a sense of belonging.
3. **Stay Connected and Ask for Help:** You don't have to do this alone. Family, friends, and the community's dedicated team are always here to help before, during, and after moving day.
4. **Focus on What's Ahead:** Moving into assisted living means more than a new address — it's a chance to enjoy worry-free living, daily activities, and new friendships in a caring, supportive environment.