

## What to bring on moving day checklist

Item	Action	✓
Furniture	Ask the home if you can bring personal furniture	
<i>All about me</i>	Fill out and print a copy of <i>All about me</i> to share with the staff. Available at: <a href="http://alzheimer.ca/allaboutme">alzheimer.ca/allaboutme</a>	
Clothing	Check if the home can label the person's clothing. If not make a list of clothing to bring and label clothing.	
Accessories	If space is limited, consider bringing clothing appropriate for the current season (hat, gloves, boots, umbrella, etc.)	
Personal grooming	Bring all personal grooming and toiletries items (toothbrush, comb, makeup, etc.)	
Assistive devices	Bring assistive devices and batteries <ul style="list-style-type: none"> <li>• hearing aids</li> <li>• glasses</li> <li>• dentures</li> <li>• walker</li> <li>• cane</li> <li>• braces</li> <li>• orthotics</li> </ul> Mark or label the items. Adding a dot of nail polish can help to identify small objects.	
Legal and financial documents	Bring copies of all of the completed legal and financial documents <ul style="list-style-type: none"> <li>• Power of attorney</li> <li>• Medical coverage</li> <li>• If required, share information about insurance benefits</li> </ul>	
Calendar of upcoming events	Make a calendar of upcoming events and medical appointments and update it regularly	
Medical file	<ul style="list-style-type: none"> <li>• Ask your pharmacist for a current list of medications</li> <li>• Bring medications in original containers</li> <li>• Bring the most recent health assessments</li> </ul>	
Advance care plan	<ul style="list-style-type: none"> <li>• Bring a copy of the person's advance care plan (including wishes for medical interventions, Do Not Resuscitate (DNR) instructions or other advance care directives)</li> <li>• Living will</li> </ul>	
Key contacts	Print a list of key contacts (organized by priority) in case of an emergency	
Valuables	Do not bring any valuables (jewelry, etc.). These should be kept with family or in a safe place outside of the home.	
Other	Ask the home if you can bring special equipment, such as radio, TV, telephone, cellphone, tablet, etc.	

Moving day can be extremely tiring and bring a sense of loss. Contact a friend or family member if you feel you need support. The Alzheimer Society is here to help you transition through this difficult time. Contact your local Alzheimer Society for support. Visit [alzheimer.ca/helpnearyou](http://alzheimer.ca/helpnearyou).