

## What to Bring on Moving Day – Checklist

Item	Action	✓
Furniture	Ask the home if you can bring personal furniture	
All about me	Fill out and print a copy of <i>All about me</i> to share with the staff	
Clothing	Label clothing and make a list Check out the Packing for Moving Day list created by Alzheimer Society of Ottawa and Renfrew County	
Accessories	Bring outdoor clothing, hat, gloves, boots, umbrella, etc.	
Personal grooming	Bring all personal grooming and toiletries items (tooth brush, comb, make-up, 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>• Other</li> </ul>	
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>• Insurance benefits</li> </ul>	
Calendar of upcoming events	Make a calendar of upcoming events and medical appointments and update it regularly	
Medical file	List current medications and bring them in original containers Bring the most recent health assessments	
Advance care plan	Bring a copy of your family member's advance care plan (including wishes for medical interventions) Advance care directives or living will	
MedicAlert Safely Home bracelet	Ensure the MASH subscription and file are up to date	
Key contacts	Print a list of key contacts in case of an emergency	
Valuables	Do not bring any valuables (jewelry, etc.); these should be kept with family or in a safe.	
Other	Ask the home if you can bring special equipment, such as radio, TV, telephone, cell phone, 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.*