



# IntegraCare's Checklist for Moving to Assisted Living

## FIRST STEPS

- ☐ Assess your parent needs (medical, personal care, lifestyle)
- ☐ Research communities (location, services, cost, reviews, etc.)
- ☐ Schedule a tour & ask all the questions you may have
- ☐ Compare costs & financing options
- ☐ Select a community & secure a spot
- ☐ Review & sign necessary paperwork

## PREPARATION

- ☐ Ask the community for a recommended & restricted items
- ☐ Notify family, doctors, and key contacts
- ☐ Transfer medical records to the AL community
- ☐ Transfer prescriptions to the AL community pharmacy of preference
- ☐ Share dietary and social preferences with the AL community staff
- ☐ Plan moving logistics (date, transportation, movers, etc.)



# IntegraCare's Checklist for Moving to Assisted Living

## MOVING

- ☐ Organize personal items
- ☐ Pack & label clothing and items you'll be bring
- ☐ Donate items no longer needed
- ☐ Cancel utilities and services at current home (if needed)
- ☐ Select a community & secure a spot

## SETTLING-IN

- ☐ Unpack & arrange living space for comfort
- ☐ Meet staff & neighbors
- ☐ Understand daily routines & activities
- ☐ Update emergency contacts & medical info

**Enjoy your new home!** 🎉