

Moving Forward *with Confidence*

Your Checklist for a Smooth Move to a Nursing Home

Transitioning to a skilled nursing community is a big step, but you don't have to do it alone. Use this simple checklist to help you stay organized and prepared every step of the way.



1 Understand Care Needs



Review your loved one's medical needs, daily support requirements, and preferred level of care. This helps ensure the community can provide the right support.

2 Complete Paperwork and Documentation



Gather important documents to make the admission process easier.

- ID and insurance cards
- Medical records & medication list
- Legal documents (if applicable)

3 Plan What to Bring



Bring personal items that help make the new space feel like home.

- Favorite photos & decorations
- Comfortable clothing
- Personal care items
- A few meaningful keepsakes

4 Coordinate the Move



Plan the details of moving day to reduce stress.

- Who will help with the move?
- Do you need transportation services?
- What time is best for arrival?

5 Prepare Emotionally



It's normal to feel a mix of emotions. Offer reassurance and remind your loved one that this is a step toward safety, support, and peace of mind.

6 Get to Know the Community



After the move, take time to:

- Meet the staff
- Learn the daily routine
- Explore activities and programs

7 Stay Involved



Your involvement makes a big difference. Regular visits, calls, and participation in care planning help your loved one feel supported and connected.



*Together, we can
make this transition
a positive new beginning.*

