

# What to Pack



**Noting that it's recommended to leave family heirlooms, items of great value, large amounts of cash, and medications at home, practicalities should influence the packing list:**

- Name and phone number of Primary Care Physician
- Phone numbers of relatives, friends and emergency contacts
- Prescription Plan ID cards
- Living Will or advance directives, and power of attorney, if applicable
- Assistive devices such as wheelchair, walker or cane to be assessed by therapy
- Splints, braces or orthotics
- Clothing easy to take on and off, and able to withstand frequent laundering
- At least one week's worth of clothing clearly labeled with the resident's name:
  - Cozy non-skid socks and non-skid slippers
  - Soft-soled, rubber or athletic shoes with non-skid soles
  - Home-wear, such as underwear, pajamas and a robe
  - Comfortable items such as t-shirts, sweatpants and sweatshirts
  - Sweater, vest or jacket due to tendency of residents to be cold
  - Shorts for those who have had leg surgery
  - Shirts with buttons for therapy including getting dressed
- Accessories that capture the individual's unique style, such as scarves or hats
- A purse or wallet to promote the feeling of independence and a sense of control
- Small amounts of cash (\$5 or less), if desired; remember to not pack credit cards
- A cozy lap blanket or comforter able to withstand frequent laundering, if desired
- Hearing aids
- Dentures, supplies and containers
- Preferred toothbrush and toothpaste, if desired
- Favorite personal care products, such as makeup, body powder, aftershave lotion, hair supplies including a comb or brush, and deodorant to make the Activities of Daily Living more comfortable
- TV, if not provided
- Labeled DVD player, CD player, smart phone, laptop, wireless headphones, and all chargers/cords
- Decorative items such as knickknacks, low maintenance plants, window clings, family photos, favorite artwork, and a calendar with family events to help your loved one remember special dates
- Personal interests such as books, religious texts of choice, puzzles, deck of cards, adult coloring book and colored pencils, and a bin with favorite arts and crafts
- Remember to not pack anything of great value, large amounts of cash, credit cards, medications, items with sharp points/edges, weapons, electric blankets, any sort of open flames like candles, or breakable items like china and glass; additionally, extension cords and surge protectors are prohibited

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**QUESTIONS? Please contact our Social Services Director at 423.334.3002.**