



# Moving in?

Some tips and suggestions for moving  
into your new Care Community



# Moving in?

## What should you bring?

Although you're probably downsizing, we encourage you to bring the items you need and love with you into care – things that will help make your new surroundings feel more like home.

First, it might be helpful to know what will already be waiting for you when you arrive. We provide a range of equipment to assist with your mobility and comfort including regency (princess chairs), mobility aids and air mattresses.

## Furnishings we provide

- A special electronic adjustable-height bed
- Bed linen and bath towels
- A chair beside your bed for you and your visitors to relax in
- A bedside table and overbed table to make it easier to reach the things you need
- Cupboard space and hangers for your clothes

## Toiletries we provide\*

- Face washers
- Face and body wash
- Toilet paper
- Tissues
- Toothpaste
- Toothbrushes
- Denture cleaning preparation
- Mouthwashes
- Moisturiser
- Shampoo
- Conditioner
- Shaving cream
- Disposable razors
- Deodorant

\*If you prefer a specific brand of any of these items, please feel free to bring your own or ask your family, friends or representative to help keep a steady supply of your favourite.



## Some suggestions to personalise your room

Wherever possible, your room should feel like home. It can often help to see things that are familiar and special to you – things that bring you joy.



Photographs in frames, scrapbooks, albums or even uploaded into a digital frame or displayed as a collage on a wall are a wonderful way to be reminded of the people and places you love. Some residents like to have the names of the people in the photos on small stickers as a reminder of a special relationship. It also means that others who spend time with you in your room can enjoy learning more about your life and the people who are special to you.



Posters, pictures, certificates and awards that remind you of special places, times, images and achievements are a great way to personalise your space and share some of your life and personality.



Special throws or blankets and cushions for your bed can really help make your room feel like home quickly.



A recliner chair can be a nice alternative to relaxing on your bed. It also means that you can spend time with others in the privacy of your room or space if you choose to. Always remember to check with the care community before bringing in large furniture pieces just to make sure that there is sufficient space.



A wall or stand-alone calendar that is marked with family members' birthdays, holidays and other dates that are significant to you are an excellent way to stay connected and to track time.



A clock (bedside or for the wall) that is easy to read is a good way to keep track of time and help you plan your day.



Ornaments, religious items, statues, military memorabilia, sports collectables etc. are another way to make the space feel like home and tell the story of your life, experiences and passions.



A vase for your favourite flowers means that when visitors bring you flowers, you have somewhere special to store and display them.



## Some suggestions about clothing

You should bring the clothes you love to wear and make you feel most like yourself. For those who would like a little more guidance, here's a list of suggested items.

- 8 pairs of underwear
- 7 singlets
- 6 petticoats
- 6 pairs of pyjamas/nightwear
- 6 pairs of trousers or tracksuits or 6 skirts
- 6 t-shirts/tops
- 5 warm jumpers
- 1 or 2 cardigans
- 10 pairs of socks

- One or two pairs of everyday shoes that are no-slip and a pair of slippers. We especially recommend a comfy pair to help you stay as active and independent as possible.

By the way, our team has found that shoes or slippers without a 'back' often result in falls, so we recommend that you avoid these types if possible.

- Clothing for special occasions such as family celebrations.

- Sun hat to enjoy time outside in the sun or for outings.
- Warm beanie and winter gloves to enjoy the outdoors and for winter outings.

Despite our best efforts to keep your belongings safe, valuable items can sometimes go missing so we recommend storing your most valuable pieces with family. Alternatively, please consider insuring these items under an insurance policy.



## Laundry

Your clothes will be regularly washed for you (if you choose) at no additional cost however please be aware that as we use industrial laundry machines, we recommend that delicate items of clothing be hand-washed by you or a family member or friend.

If you enjoy doing your own laundry, please check with your care community as there may be some domestic machines for you to use if you'd like to.

## Labelling

It's very, very important that all your items are labelled clearly with your name. We offer a complimentary labelling service so that your clothes are clearly labelled and can be returned to you as quickly as possible.

When you first arrive at your care community, we recommend that you bring an overnight or small bag with enough clothes for three days while your clothing is being labelled for you. We recommend that you place your initials in these clothes for safekeeping.

## Have any questions about moving in?

Just call your new Care Community and one of our team members will be happy to assist you with any questions you may have about moving in.

# You are not alone...

We are with you every  
step of the way.



