

First day in a Care Home – a checklist

The first day in a care home can be daunting for the resident and all of their loved ones. Preparing, planning and having everything you need will lessen the worry. This is not an exhaustive list, but gives some prompts on what to consider.

	Complete
Contract signed	
Initial payment made	
Night clothes	
Fresh clothes for next day	
Plenty of underwear	
Important photos and nick knacks	
Favourite music and a means to play it	
A book or magazine	
Toiletries including shampoo, soap, face cloth toothbrush/paste, deodorant, razors etc.	
Medication in original box, 2 weeks supply	
Any creams or lotions, in original packaging	
Walking stick or frame	
Television with remote that you can use	
Telephone or mobile with important numbers	
Sweets or snacks	
Makeup, perfume, aftershave	
A little money for small purchases	
LPA if appropriate	
Glasses (reading and distance if different)	
Means to continue any hobbies	
Brush/comb and any other hair products	
Safe and comfortable shoes	
Dentures supplies or containers	
Dressing gown	