

# Checklist - What To Bring & What Not To Bring To A Skilled Nursing Facility

When a loved one is admitted to a skilled nursing facility, it can be difficult to know what to bring and what not to bring. You want your loved ones to feel comfortable in their new surroundings, but you also don't want to forget anything important. It's easy to get overwhelmed in this situation. In this article, we will provide you with a checklist of what to bring with you and what to leave at home. This information can help make the transition smoother for everyone involved.

## What To Bring With You

It's important to make your loved one's stay in a skilled nursing facility as comfortable as possible. Therefore, you should make sure that your loved ones bring the following items with them:

### **Clothing and accessories**

There are important considerations to keep in mind when packing clothes for a skilled nursing facility. Make sure that the clothes are comfortable and easy to put on and take off. Also, make sure to pack weather-appropriate clothing.

### **Personal care items**

Each person has specific preferences when it comes to personal care items like shampoo, soap, perfume, etc. Seniors are no exception. Therefore, you need to make sure that your loved one brings their favorite personal items with them. By packing their favorite products and brands, they will feel more comfortable and at home in the new environment.

### **Bedding & linen**

Skilled nursing facilities will provide your loved one with bedding, but it's a good idea to bring some of their own favorite linens if you'd like. This will help them feel more comfortable in their new surroundings.

### **Electronics**

There are rooms in skilled nursing facilities that do not come with a TV. In this case, you can bring a small TV and DVD player for your loved one. You might also want to bring your loved one's favorite electronics with them. This can include things like an iPad or a laptop. Just make sure to label all of the electronics with your loved one's name.

## **Decorations**

Decorations liven up a room and make it feel more like home. You can bring pictures of family and friends, as well as any mementos that would make your loved one feel comfortable. Just be sure to check with the facility first to see if there are any restrictions on what you can bring.

## **Favorite items**

The goal of skilled nursing facilities is to make sure that their patients are comfortable. So, it is important to bring items from home that will make your loved one feel more comfortable. Your loved one's favorite things will make his or her room feel more like home. For example, you can bring a favorite pillow, blanket, or piece of clothing. You can also bring pictures from home and favorite books or magazines.

## **Hobbies**

Bringing your loved one's favorite hobby can help keep them entertained and stimulated. This could be something as simple as a deck of cards or a crossword puzzle book, or something more complex like a model car kit or painting supplies. These items will help make passing the days in a skilled nursing facility a little more bearable for your loved one. Just make sure to check with the staff before bringing in any large or heavy items.

## **Medication & medical equipment**

Of course, you need to bring your loved one's medication and any medical equipment they will need. This includes things like oxygen tanks, wheelchairs, and walkers. Medications and equipment can take up a lot of space, so be sure to pack them in an easily accessible place. Skilled nursing facilities will have nurses on staff to help with medication and medical equipment, but it's always good to have some extra supplies just in case.

## **Miscellaneous items**

There are other things that you may want to bring to a skilled nursing facility. These include a calendar where all the important dates that your loved one needs to remember can be written down, a pen and paper to take notes and pictures of your loved one's friends and family. A record book to write memories in is also a great idea. This can be used as a place to journal about the day-to-day happenings, as well as a way to keep track of special events.

## **What To Leave At Home (Do Not Bring These Items)**

Skilled nursing facilities are great places to recover and receive treatment, but they are not home. There are a few things that you should leave at home and not bring with you. These items include:

### **Pets**

Most skilled nursing facilities do not allow pets. If you have a pet, make arrangements for someone to take care of them while you are away. However, there are skilled nursing facilities that allow certain pets, such as service animals.

### **Perishable food items**

The facility will provide meals for residents. You do not need to bring your own food.

### **Large sums of money**

You should not bring large sums of cash with you to the facility. If you need to bring money, keep it in a safe place like a lockbox.

### **Expensive jewelry**

These items are best left at home. They can be damaged or stolen while you are in the facility.

### **Knives, scissors, or other sharp objects**

These items are not allowed in the facility for safety reasons. These items can be used as a weapon to hurt someone.

### **Flammable liquids**

These items are not allowed in the facility for safety reasons. They can be used to start a fire.

### **Tobacco products**

Many skilled nursing facilities are tobacco-free. You will not be able to smoke inside the facility or on the grounds. This includes cigarettes, cigars, pipes, and chewing tobacco. E-cigarettes are also usually not allowed. Check with the facility before you bring any tobacco products with you.

## **Keeping Track of Your Loved One's Belongings**

It's important to keep track of your loved one's belongings when they move into a skilled nursing facility. This includes their clothes, personal items, and any valuables they may have.

You can do this by creating a list of all the items and assigning each item a number. Then, you can put this list in a binder or folder to keep it organized.

Make sure to include the following information for each item:

- A description of the item

- The date it was brought to the facility
- The name of the person who brought it
- The room number where it is located

These steps will help you keep track of everything and ensure that nothing gets lost. You must also label all of the items with your loved one's name. This way, other people in the skilled nursing facility will know that the item belongs to your loved one.

Since a lot of people will be coming and going from your loved one's room, it is important to keep track of all of the items they have brought with them. This will help you make sure that nothing gets lost or stolen.

You can also ask the skilled nursing facility if they take an inventory of the belongings of their patients. If not, you can make your own inventory. This way, you will have a record of everything that your loved one has in their room.

## **Keep in Mind**

Moving to a skilled nursing facility can be a difficult transition for both you and your loved one. However, by being prepared and organized, it can be a bit smoother and easier for everyone involved. Make sure to pack everything your loved one will need and use this checklist as a guide.

It's always best to be cautious when it comes to packing for your loved one's move to a skilled nursing facility. If you're not sure if something is allowed, ask the skilled nursing facility beforehand. This way, you can be prepared and have peace of mind knowing that your loved one has everything they need.

## **Skilled Nursing Facilities at Eden Senior Care**

If you or a loved one are looking for a skilled nursing facility in Minnesota or Wisconsin, please reach out to one of skilled nursing specialists to see what your options are.