

Care Home Moving Checklist

What to pack, prepare and expect when helping Mum, Dad or someone you love move into residential, nursing or dementia care.

The move matters - but so does how it feels.

Use this guide to organise the practical details while keeping familiar routines, choices and personal belongings at the centre of the move.

Esmere Gardens Nursing Home
Stow Road, Moreton-in-Marsh, Gloucestershire, GL56 0DS

01608 692222 | esmeregardens.care

Residential, nursing, dementia and respite care with 24-hour nursing, dedicated onsite/private GP support and a clear all-inclusive approach.

Start here: confirm the move

Every care home has its own admissions process. Ask the home to confirm its requirements before packing medicines, furniture, electrical items or valuables.

Resident's name:

Moving date:

Care home contact:

Primary family contact:

Around 4 weeks before

- ☐ Confirm the admission assessment and agreed level of care.
- ☐ Read the contract, fees, notice period and what is included.
- ☐ Ask what furniture and electrical items the room can safely accommodate.
- ☐ Begin a life-story, routines and preferences summary.
- ☐ Plan how prescriptions, GP records and medication will transfer.

Around 2 weeks before

- ☐ Choose clothing, familiar belongings, photographs and room items.
- ☐ Label clothing and personal possessions as requested by the home.
- ☐ Arrange transport, mobility equipment and support for moving day.
- ☐ Tell relevant services and trusted contacts about the move.

48 hours before

- ☐ Reconfirm the arrival time and who will welcome the resident.
- ☐ Check medicines, documents, clothes, glasses, hearing aids and dentures.
- ☐ Pack a small first-night bag separately.
- ☐ Share any recent health, mood, appetite, sleep or mobility changes.

Moving day

- ☐ Keep the day calm and avoid unnecessary rushing.
- ☐ Give medicines and important documents directly to authorised staff.
- ☐ Help arrange a few familiar items before leaving.
- ☐ Agree when the home will call with an update.

A gentler way to describe the day

Rather than repeatedly calling it "the move", talk about getting the room ready, meeting the team and settling in. Be honest, but keep the language calm and manageable.

Paperwork and important contacts

Give copies rather than irreplaceable originals unless the home specifically asks for the original document.

Identity and administration

- ☐ Photo identification
- ☐ NHS number
- ☐ National Insurance number
- ☐ Current address and previous address
- ☐ Funding or financial-assessment letters
- ☐ Care-home contract and fee information
- ☐ Insurance details where relevant

Legal and decision-making

- ☐ Health and Welfare Lasting Power of Attorney
- ☐ Property and Financial Affairs LPA
- ☐ Court of Protection deputyship documents
- ☐ Advance statement or advance decision
- ☐ Relevant best-interests records
- ☐ Funeral plan or expressed wishes, if appropriate

Health information

- ☐ GP details
- ☐ Consultant and specialist contacts
- ☐ Medical conditions and allergies
- ☐ Current medication list
- ☐ Recent hospital discharge summary
- ☐ Upcoming appointments
- ☐ Mobility, diet, wound or therapy plans

People to contact

- ☐ Primary family contact
- ☐ Emergency contact
- ☐ Attorney or deputy
- ☐ Close relatives and friends
- ☐ Faith or community contact
- ☐ Pharmacy
- ☐ Social worker or care coordinator

Do not forget: Tell the home who may receive updates, who can make decisions, and who should be contacted first during the day or at night.

Key numbers

GP:

Pharmacy:

Primary family contact:

Attorney/deputy:

Medication and medical essentials

Medicines should be handed directly to the care team. Do not place loose tablets, dosette boxes or medicines in an ordinary suitcase without agreeing this with the home.

Medication

- ☐ Complete current prescription list
- ☐ Medicines in original labelled packaging
- ☐ PRN or "when required" guidance
- ☐ Known allergies and reactions
- ☐ Anticoagulant, insulin or controlled-drug information
- ☐ Medication aids or inhaler spacers
- ☐ Confirmation of last doses given

Health and sensory aids

- ☐ Glasses and labelled case
- ☐ Hearing aids, batteries and charger
- ☐ Dentures and labelled container
- ☐ Walking frame, stick or wheelchair
- ☐ Pressure cushion or specialist equipment
- ☐ CPAP or other prescribed device
- ☐ Compression garments or orthotics

Five things families often forget

1. The time the last medication dose was given.
2. Spare hearing-aid batteries or the correct charger.
3. Denture adhesive and a clearly labelled denture pot.
4. The person's normal bowel, sleep and pain patterns.
5. Details of appointments already booked after the move.

Important health notes for the care team

How does the person show pain, anxiety or illness?

What recent changes should staff watch closely?

What helps during personal care, medication or difficult moments?

The care home will complete its own assessment and medication process. This guide helps families gather information; it does not replace clinical instructions.

Care home packing list

Start with enough for the first couple of weeks. You can add seasonal clothes and belongings once you know what fits the room and what is genuinely useful.

Clothing

- ☐ Comfortable daytime outfits
- ☐ Nightwear and dressing gown
- ☐ Underwear and socks
- ☐ Cardigans or easy layers
- ☐ Outdoor coat and hat
- ☐ Well-fitting slippers with safe soles
- ☐ Supportive outdoor shoes
- ☐ Clothes suitable for appointments or occasions

Toiletries and personal care

- ☐ Preferred soap, shampoo and moisturiser
- ☐ Toothbrush, toothpaste and denture products
- ☐ Hairbrush, comb and preferred hair products
- ☐ Electric razor or shaving items
- ☐ Deodorant and fragrance
- ☐ Make-up or skincare used regularly
- ☐ Continence products only if agreed

Familiar belongings

- ☐ Framed family photographs
- ☐ Favourite blanket, cushion or bed throw
- ☐ Clock or calendar
- ☐ Books, magazines, puzzles or craft items
- ☐ Favourite music and headphones
- ☐ Small ornaments or meaningful keepsakes
- ☐ Religious or cultural items

Technology and practical items

- ☐ Mobile phone or tablet
- ☐ Clearly labelled chargers
- ☐ Address book or written contact list
- ☐ Headphones or radio
- ☐ Small handbag or wallet
- ☐ Reusable water bottle if preferred
- ☐ Diary and pen

Three items that often help someone settle fastest:

1. A familiar photograph they can immediately recognise.
2. A favourite blanket, cushion or chair that makes the room feel less temporary.
3. Music, radio or another familiar daily comfort linked to their normal routine.

Labelling

Clothes

Glasses

Hearing aids

Dentures

Walking aids

Chargers

Books

Personal items

Ask the home whether it provides garment labelling or has a preferred label type. Mark items discreetly but clearly.

What not to bring without checking first

Room sizes, fire safety, infection prevention and individual risk assessments may affect what can be brought into the home.

Check before bringing

- ☐ Large furniture
- ☐ Electric blankets or heated pads
- ☐ Portable heaters, kettles or cooking equipment
- ☐ Extension leads and multi-plug adapters
- ☐ Televisions or other electrical items
- ☐ Sharp tools, candles or naked flames
- ☐ Alcohol
- ☐ Mobility or lifting equipment not assessed by the home

Avoid bringing

- ☐ Large amounts of cash
- ☐ Irreplaceable jewellery or valuables
- ☐ Important original documents left unsecured
- ☐ Loose or unlabelled medication
- ☐ Excess clothing that overcrowds storage
- ☐ Food requiring special storage without agreement
- ☐ Items that create a trip or fire risk

Room safety does not have to mean losing personality

Ask the home how photographs, artwork, a favourite chair, small furniture or meaningful decorations can be added safely. A familiar room can help the person feel recognised and at home.

Preparing emotionally for moving day

- ☐ Talk about what will stay familiar: routines, visits, favourite foods, hobbies and personal belongings.
- ☐ Avoid making promises that the move will be effortless or that nothing will change.
- ☐ Let the person make manageable choices about clothes, photographs and room items.
- ☐ Share worries with the care team before arrival, not only in front of the resident.
- ☐ Plan a calm arrival rather than a large family gathering.
- ☐ Decide who will stay, who will leave and when the home will provide an update.

For someone living with dementia: choose a time of day when they are normally most settled. Keep explanations simple, avoid repeated arguments, and make sure the home knows what reassures them when they feel uncertain.

What to expect after arrival

Settling in is a process rather than a single moment. Good signs may appear gradually and will look different for each person.

The first 24 hours

- ☐ Confirm medicines and immediate health needs.
- ☐ Introduce key staff without overwhelming the resident.
- ☐ Offer food, drink, rest and reassurance.
- ☐ Check glasses, hearing aids, dentures and mobility aids.
- ☐ Follow familiar evening and bedtime routines where possible.
- ☐ Agree when the family will receive an update.

The first week

- ☐ Complete and refine the personalised care plan.
- ☐ Learn preferred routines, foods, interests and communication style.
- ☐ Observe sleep, appetite, mobility, pain and mood.
- ☐ Introduce activities gently rather than filling every day.
- ☐ Agree the best pattern of family visits.
- ☐ Raise practical concerns promptly with the named contact.

The first month

- ☐ Review how the person is settling.
- ☐ Discuss any change in care, medication, nutrition or mobility.
- ☐ Add or remove room items based on what is useful.
- ☐ Encourage relationships with staff and other residents.
- ☐ Revisit visiting arrangements if they cause distress or fatigue.
- ☐ Celebrate small signs of familiarity and confidence.

Possible signs of settling

- ☐ Recognising staff or remembering names
- ☐ Eating or sleeping more consistently
- ☐ Using communal spaces by choice
- ☐ Joining an activity or conversation
- ☐ Asking staff for help
- ☐ Talking about the room as their own
- ☐ Appearing less anxious between family visits

How often should family visit at first?

There is no universal rule. Some residents are reassured by frequent short visits; others need space to form new routines and relationships. Agree an initial plan with the home and adjust it according to the resident's response.

Questions for the first review

- ☐ What is helping the resident feel comfortable?
- ☐ Are there changes in appetite, sleep, pain, mobility or mood?
- ☐ Which staff, activities or routines are becoming familiar?
- ☐ Is anything missing from the room or care plan?
- ☐ How can the family support settling without creating pressure?

A simpler move at Esmere Gardens

Moving into care should feel organised, personal and reassuring from the first conversation.

At Esmere Gardens in Moreton-in-Marsh, residents can receive residential, nursing, dementia or respite care within one calm Cotswold home. Care is shaped around each person's routines, health needs, preferences, relationships and life story.

Why families choose Esmere Gardens

- ☐ Residential, nursing, dementia and respite care
- ☐ Registered nursing support 24 hours a day
- ☐ Dedicated onsite/private GP support
- ☐ Clear all-inclusive care
- ☐ Comfortable rooms and welcoming shared spaces
- ☐ Meaningful activities, food and outdoor space
- ☐ Care that can adapt as needs change

Bring the person, not only the paperwork

Tell us:

- ☐ How they take their tea
- ☐ What makes a good morning
- ☐ What causes worry
- ☐ What music brings comfort
- ☐ Who matters most to them
- ☐ What they are proud of
- ☐ How we can help them feel at home

Talk through the move before packing

Our team can explain the assessment, room, medication process, belongings, moving day and what happens during the first few weeks.

Call 01608 692222

esmeregardens.care

Questions for Esmere Gardens

Items still to arrange

This guide provides general information for families in the UK. The resident's assessed needs and the care home's own admission, medication, safety and belongings policies always take priority. Confirm current requirements directly with the home before moving day.