

Is your relative moving to a permanent place of residence with care?

This checklist will help you prepare for this.

More information about the recovery and rehabilitation process can be found at

www.stappenouderenherstel.nl

Items

- ☐ **Ask your relative what they want to bring** and what not, and divide it between the moving boxes.
- ☐ **Decide what will happen to the stuff that is left behind.** Divide valuable and useful things amongst all relatives. Ask a thrift shop to pick up all remaining items.
- ☐ **Decide who is helping on the day of the move.** If you do not know anyone that can help, ask client support or care mediator.
- ☐ **Take as many personal items as possible, and buy as little new furniture as possible.** Familiar items help your relative to get used to their new environment. Furnish the room in a similar way to their old home. These can be things like your relative being able to step out of bed on the same side as at home.
- ☐ **Let your relative pack a moving box** with things with a lot of emotional value.
- ☐ **Do not take any rugs to the nursing home.** They are forbidden due to fall hazard.
- ☐ **Bring a television,** these are often not available in a permanent care place.
- ☐ **Take pictures of your relative's favourite clothing combinations** and give these to the providers in the nursing home.
- ☐ **Mark your relatives clothing, linen, and towels** so the nursing home knows what laundry belongs to each resident.



Administration

- ☐ **Change your relative's mailing address** at the municipality and other organisations (such as newsletters).
- ☐ **Cancel the empty home's** rent or take care of the sale with a realtor. Deliver the home as promised.
- ☐ **Read the consent form from the care organisation,** such as for sharing medical information, pharmacy, and authorisation. Let your relative sign these.
- ☐ **Fill the registration forms for the care organisation,** but also for the dentist, key transfer, and additional services.

Information

- ☐ **Check your relatives insurance situation.** Most homes have a collective insurance, but this is not always the case.
- ☐ **Check how additional health costs are insured.** Sometimes, dental costs are included in the nursing home care.
- ☐ **Check how general practitioner's care is financed.** This care can also be provided by a geriatric specialist. If your relative's care at the general practitioner is not included, they will probably stay at their current GP.
- ☐ **Ask if the nursing home provides linen and towels.** If you prefer, you can bring your own linen and towels. You don't have to wash this yourself, the facility will take care of this.

Overig

- ☐ **Think beforehand about where your relative will stay during the move.** In most cases, it is better when they are not present when moving. Let them say goodbye to their old home. It will be a emotionally intense day, be prepared for that.
- ☐ If your partner is the one moving, **make sure a relative goes home with you after the move.** After having lived together for a long time, it might be intense to go home alone