

Skilled Care Packing Checklist

What You Should Bring for Rehabilitation, Respite Care or Long-Term Stays

When family members speak with the intake teams at The Goodman Group's managed communities, they often ask what their loved one should bring with them when they come for skilled nursing care. It's a great question! Here's a helpful list of what to bring — and what to leave at home.





SKILLED CARE SERVES THOSE WITH MEDICAL NEEDS

Patients and residents go to skilled care communities for different reasons — and with different needs.

Rehabilitation

Someone who has been released from the hospital following a stroke, accident, heart attack, or other **health event can benefit from a short-term stay** in a transitional setting where they receive additional, round-the-clock care to ensure they are well-prepared to return home. Transitional care typically includes physical, occupational, and/or speech rehabilitation therapy as well as **medications** or wound care.

Respite

At-home caregiving is a labor of love, but it is a demanding job. When caregivers need a break, their loved one can stay at a community during that respite period. They receive the medical and personal care they require in a caring, homey environment, and that gives everyone peace of mind.

Long-Term

For others, skilled care provides long-term medical support in an environment that aims to be as much like home as possible.

WHAT TO BRING

Each new skilled care patient or resident receives a Welcome Kit with personal essentials, including a toothbrush, toothpaste, mouthwash, deodorant, and a basin. You're also welcome to bring your own preferred toiletries. Non-skid socks and denture cases and tablets are also provided, if needed.

You will definitely need to bring:

- ☐ Insurance documents for the business office to make copies of
- ☐ Comfortable clothing, including clothes suitable for therapy sessions
- ☐ Solid, sturdy shoes — sneakers, for example, nothing like clogs or slides with open backs

When it comes to laundry, you have a choice.

DIY. If a family member will be handling your laundry, please bring a laundry basket for collecting dirty clothes. This can be taken away and brought back with clean clothes as needed. The team will be informed that you're managing laundry independently.

We'll do it for you. There are on-site laundry facilities, so the team usually handles this on behalf of patients and residents. Please note that, for sanitation reasons, hot water is used. Avoid bringing delicate fabrics, and label all your clothes to prevent mix-ups.

OPTIONAL ITEMS TO BRING

- ☐ **Linens.** All bedding and towels are provided, but you can bring your own blanket or pillow for extra comfort if you prefer.
- ☐ **Communications.** Wi-Fi is available, so feel free to bring your phone, tablet, or other devices, along with chargers. A locking drawer is provided for secure storage.
- ☐ **Reading material.** While there may be an on-site library, you're welcome to bring your own books, magazines, or other reading materials from home.
- ☐ **Personal mementos.** Especially for long-term residents, adding personal touches like framed photos or familiar decorations can help make the space feel more like home. Seasonal décor is encouraged — just be sure it's non-electric or battery-operated.
- ☐ **Pets.** While your beloved dog or cat can't move in with you, **well-behaved pets are welcome to visit** as long as they're on a leash. We understand how meaningful those visits can be — pets are family, too.

WHAT TO LEAVE AT HOME

Primarily for safety reasons, there are certain things you should not bring with you.

- ☐ Valuables, such as jewelry, watches, wallets and credit cards. If a family member isn't available to hold onto them, you may lock them in your drawer. That said, you won't need any money during your stay, as all your needs will be provided.
- ☐ Delicate fabrics (unless your family will be handling your laundry)
- ☐ Heating pads
- ☐ Hair dryers – there is one available in the shower area, and a CNA can assist if needed
- ☐ Personal coffee makers – these are not allowed, but coffee and tea lovers can enjoy their favorite beverages with meals and from coffee carts available throughout the day

PERSONALIZED DAILY LIVING

Whether you're coming for physical, occupational, or speech therapy — or for long-term skilled nursing care — the nursing team will work closely with your doctor to assess your needs and develop a personalized care plan to support your recovery and help you feel your best.

The life enrichment team also meets with each new patient or resident to get to know you better and help make your stay feel as home-like and personalized as possible. Do you enjoy crossword puzzles, specific books or magazines? Do you like playing bingo or participating in group activities? **Whatever your interests, we aim to include them.**

There's always something for **short-term patients and long-term residents** to do between therapy sessions — from exercise classes and happy hours to pet therapy visits and **even off-site outings** (when appropriate). Family members are welcome to join in the fun!

So pack your essentials — and any favorite extras — and the team will take care of the rest, delivering the **Platinum Service®** experience you can expect in skilled care.

We invite you to explore additional
senior living resources available at:

blog.thegoodmangroup.com

The Goodman Group

Moments matter. Live them well.®

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