



TRADITIONS

COMMUNITIES

BEST PRACTICES FOR A SMOOTH TRANSITION INTO A MEMORY CARE NEIGHBORHOOD: WHAT YOU NEED TO KNOW

MEDICATIONS:

Please have at least a 1-week supply of medication prepared upon your loved one's physical move-in date.

- This ensures no interruption in medications during the transition until Capital Pharmacy can take over. Please give to the Memory Care Director to secure in designated med area.

TOILETRIES & PERSONAL HYGIENE:

We encourage you to read the entire label of toiletries to confirm they are safe before purchasing and packing. Avoid the use of items that indicate the following on their label:

- "Harmful if swallowed"
- "Keep away from children"
- "Do not drink or ingest"

Items indicating these or similar warnings will need to be kept in a secure location so our staff can supervise their use. These items include but are not limited to: razors, nail polish, etc.

Examples of toiletries that can be left unattended in the apartment/bathroom include:

- Body wash, lotions, & sprays
- Non-medicated shampoos, conditioners, & lip balms
- Combs, brushes & curlers
- Toothbrushes & most toothpaste
- Personal hygiene products (i.e., briefs, pads, wipes, etc.)

LINENS, TOWELS, RUGS:

We recommend at least 2 sets of bed linens and 2 sets of towels (bath towels, hand towels, washcloths) for rotation. Please avoid bringing throw rugs or doormats due to trip hazard.

JEWELRY:

We recommend you avoid leaving items with any large pins; however, we encourage inexpensive costume jewelry, brooches, watches or earrings if your family member has worn jewelry in the past.

CHEMICALS AND CLEANING SUPPLIES:

Avoid bringing any chemicals, including detergents, bleach or cleaning chemicals.



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ELECTRICAL:

Per regulation requirements, please refrain from bringing space heaters, electric heating pads, electric blankets, batteries, candles, electric potpourri burners, electric plug-in air fresheners, and extension cords. Surge-protected power strips and surge-protected multi-plugs are acceptable.

ALCOHOL AND TOBACCO:

Please refrain from leaving any alcoholic beverages or tobacco products, including cigarettes, chewing tobacco, cigars, pipes, lighter and matches.

SHADOW BOXES*: A BEAUTIFUL TOOL FOR COMFORT & CONNECTION

Outside many apartments in some of our Memory Care neighborhoods is a Shadow Box, a personalized display that helps residents recognize their home and feel grounded in their identity. These displays are especially meaningful for individuals living with dementia, supporting memory recall and easing navigation.

Some ideas for decorating your shadow box:

- Photos of family and loved ones
- Cards or souvenirs
- Small trinkets or favorite decorations from home
- Can also be decorated seasonally

*Not all communities have shadow boxes

THINGS THAT ARE NOT NECESSARY BUT MAKE LIFE EASIER!

- Large print digital clock
- TV from home - we have found that many residents are used to their familiar TV and struggle to learn how to use a new one.
- Favorite drinks for mini fridge & snacks to make your loved one feel more at home
- Framed family photos
- Favorite items to help soothe your loved one during moments of anxiety (i.e., blanket, stuffed animal, Bible, etc.)
- Sweatsuits are easy to put on and comfy to hang out in!
- Electric razor for men (used with supervision)
- Consider labeling the tags of your loved one's clothes with their apartment number
- Consider labeling your loved one's laundry basket / hamper with their apartment number