

What to pack for a respite care stay



1. CLOTHING

Pack comfortable clothing for the duration of your stay. Think about carrying at least three sets of clothes, and if you'll need your washing done during your stay, it would help to label your clothing with your name.

2. PERSONAL ITEMS

Take all your regular toiletry items with you. The basics will be supplied but it can make you feel more at home to have your favourites on hand, such as toothbrush and toothpaste, deodorant, moisturiser, fragrance, etc.

3. KEEPSAKES

Bring along some photos or little mementoes to help keep you feeling connected to home and loved ones.

4. LEISURE ITEMS

Remember to pack books or magazines that you enjoy. A good read can be a wonderful companion.

5. ESSENTIAL CONTACTS

Keep a list of family and friends' contact numbers on hand.

6. DEVICES

If you use a mobile phone, laptop, or tablet, pack them along with their chargers. They'll keep you connected and entertained.

7. MEDICATION

Ensure you have all your prescription medications, along with any prescriptions you might need. You should also bring a doctor's letter detailing dosages and times, so your medicines can be administered correctly.

8. MOBILITY DEVICES

If you use any specific mobility equipment, like a wheelie walker or walking stick, bring it with you. Remember to label or engrave items like glasses, dentures, and hearing aids.

9. MONEY OR A CREDIT/DEBIT CARD

It's a good idea to carry a modest amount of money with you for any expenses that might pop up like a visit to the hairdressing salon or an outing.

10. LINEN

Linen and bedding will be provided but if you have a personal preference or favourite, it can help you to feel at home to snuggle up with your own sheets or blankets.