

Aged Care Respite Care Checklist – What to Pack for Your Respite Stay

Here's a clearer version of your list:

Clothing

- Pack at least three sets of clothes, underwear, and comfortable pajamas.
- Ensure all items are labeled for laundering to avoid any mix-ups.

Personal Care Items

- Basic toiletries are provided, but it's recommended to bring your own daily-use items, such as a toothbrush, toothpaste, deodorant, moisturizer, skincare products, fragrance, and a hairbrush.

Medications

- Bring any prescription medications in their original packaging. A doctor's letter detailing dosages and times is recommended to ensure correct administration.
- Also include any additional medical supplies you regularly use, like glucose monitors or CPAP machines.

Mobility Equipment

- If you use mobility aids, such as a walker or cane, bring them along, and label or engrave these items.
- Other essential items like glasses, dentures, and hearing aids should also be labeled.

Communication Devices

- Pack any devices you use, such as a mobile phone, laptop, or tablet, along with their chargers.
- Label these items to avoid misplacing them, and notify the facility staff that you are bringing them. Check with staff to confirm Wi-Fi availability.

Emergency Contacts

- Prepare a list of essential contacts, including family and friends' names and phone numbers, in case of an emergency.

Important Documents

- Bring any necessary medical documents, photo ID, Medicare card, and health insurance information.
- Having a summary of your medical history and current care plans is especially helpful.

Entertainment and Leisure Items

- Bring along items for hobbies or relaxation, such as books, magazines, puzzles, or art materials.

Comfort Items

- While linen and bedding are provided, consider bringing a favorite pillow or blanket to help you feel more at home.

Preferred Snacks

- If you have specific dietary needs, discuss these with the facility in advance.
- You may also want to bring any favorite snacks, supplements, or a preferred water bottle.

Photos and Keepsakes

- Consider packing mementos to make your space feel more like home. Avoid items that are valuable or irreplaceable in case of misplacement.

Form of Payment

- It's helpful to have a modest amount of money available for any additional expenses, such as hairdressing services or outings not covered by your stay.