



CALM WATERS

— INDEPENDENT LIVING —

Client Independence & Move-Out Needs

A printable checklist for helping a person establish a home of their own.

Confirm current needs, quantities and delivery before purchasing or sending items.

Bedroom

- ☐ Bed frame
- ☐ Mattress
- ☐ Mattress protector
- ☐ Pillows
- ☐ Pillowcases
- ☐ Sheet sets
- ☐ Comforter
- ☐ Blankets
- ☐ Dresser
- ☐ Nightstand
- ☐ Lamp
- ☐ Hangers
- ☐ Laundry basket/hamper
- ☐ Storage bins
- ☐ Curtains
- ☐ Curtain rods

Bathroom

- ☐ Bath towels
- ☐ Hand towels
- ☐ Washcloths
- ☐ Shower curtain
- ☐ Shower curtain liner
- ☐ Shower hooks
- ☐ Bath mat
- ☐ Toilet brush
- ☐ Plunger
- ☐ Small trash can
- ☐ Toothbrush holder
- ☐ Soap dispenser
- ☐ Personal hygiene supplies
- ☐ Toilet paper

Kitchen Appliances

- ☐ Microwave
- ☐ Toaster
- ☐ Coffee maker
- ☐ Electric kettle
- ☐ Blender
- ☐ Crockpot/slow cooker
- ☐ Air fryer
- ☐ Can opener
- ☐ Basic refrigerator, if the new home does not include one
- ☐ Basic stove/range, if the new home does not include one

Cookware

- ☐ Pots
- ☐ Pans
- ☐ Baking sheet
- ☐ Baking dish
- ☐ Mixing bowls
- ☐ Colander
- ☐ Cutting board
- ☐ Knives
- ☐ Spatula
- ☐ Cooking spoon
- ☐ Tongs
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Oven mitts
- ☐ Food-storage containers

Dishes & Eating Supplies

- ☐ Plates
- ☐ Bowls
- ☐ Cups
- ☐ Mugs
- ☐ Forks
- ☐ Spoons
- ☐ Knives
- ☐ Serving utensils
- ☐ Dish rack
- ☐ Dish towels

Kitchen Cleaning Supplies

- ☐ Dish detergent
- ☐ Sponges
- ☐ Scrub brushes
- ☐ Paper towels
- ☐ Trash bags
- ☐ Kitchen trash can
- ☐ Disinfectant cleaner
- ☐ Multipurpose cleaner

Confirm with Allison: (813) 693-9499 | calmwatersindependentliving.info/contact.html

Needs vary by client. Repeated items only need to be counted once. Quantities are confirmed individually.

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General Cleaning Equipment

- ☐ Vacuum
- ☐ Broom
- ☐ Dustpan
- ☐ Mop
- ☐ Mop bucket
- ☐ Toilet brush
- ☐ Cleaning brushes
- ☐ Duster
- ☐ Microfiber cloths
- ☐ Rubber gloves

Household Cleaning Products

- ☐ Laundry detergent
- ☐ Fabric softener
- ☐ Dryer sheets
- ☐ Bleach, where appropriate
- ☐ Disinfectant
- ☐ Glass cleaner
- ☐ Floor cleaner
- ☐ Bathroom cleaner
- ☐ Toilet cleaner
- ☐ Carpet cleaner
- ☐ Baking soda
- ☐ Trash bags

Laundry

- ☐ Laundry basket
- ☐ Laundry detergent
- ☐ Stain remover
- ☐ Dryer sheets
- ☐ Iron
- ☐ Ironing board
- ☐ Clothing hangers
- ☐ Drying rack

Living Room

- ☐ Sofa
- ☐ Chairs
- ☐ Coffee table
- ☐ End tables
- ☐ Lamps
- ☐ Television
- ☐ TV stand
- ☐ Curtains
- ☐ Area rug
- ☐ Storage shelves

Dining Area

- ☐ Dining table
- ☐ Dining chairs
- ☐ Placemats
- ☐ Basic serving dishes

Technology

- ☐ Laptop or desktop computer
- ☐ Tablet, when needed
- ☐ Cell phone
- ☐ Phone charger
- ☐ Extension cords
- ☐ Surge protectors
- ☐ Internet/Wi-Fi equipment
- ☐ Printer, if needed for work, school, benefits, or housing documents
- ☐ Headphones



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Work & Education

- ☐ Desk
- ☐ Desk chair
- ☐ Notebooks
- ☐ Pens
- ☐ Pencils
- ☐ Folders
- ☐ File box
- ☐ Printer paper
- ☐ Backpack
- ☐ Calendar/planner
- ☐ Basic office supplies

Personal Care

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Soap/body wash
- ☐ Shampoo
- ☐ Conditioner
- ☐ Deodorant
- ☐ Lotion
- ☐ Hair-care products
- ☐ Feminine hygiene products
- ☐ Razors
- ☐ Comb/brush
- ☐ Nail-care items
- ☐ Basic first-aid supplies

Clothing Essentials

- ☐ Underwear
- ☐ Socks
- ☐ Bras
- ☐ Shirts
- ☐ Pants
- ☐ Pajamas
- ☐ Coat
- ☐ Shoes
- ☐ Boots
- ☐ Work clothes
- ☐ Interview clothing
- ☐ Seasonal clothing

Home Safety Basics

- ☐ Smoke detector
- ☐ Carbon monoxide detector
- ☐ Fire extinguisher
- ☐ Flashlight
- ☐ Batteries
- ☐ First-aid kit
- ☐ Basic tool kit
- ☐ Emergency contact folder

Basic Tool Kit

- ☐ Hammer
- ☐ Screwdrivers
- ☐ Pliers
- ☐ Tape measure
- ☐ Adjustable wrench
- ☐ Utility scissors
- ☐ Nails
- ☐ Screws
- ☐ Picture hooks
- ☐ Extension cord

Household Basics People Often Forget

- ☐ Light bulbs
- ☐ Batteries
- ☐ Extension cords
- ☐ Surge protectors
- ☐ Trash cans
- ☐ Trash bags
- ☐ Paper towels
- ☐ Toilet paper
- ☐ Food-storage bags
- ☐ Aluminum foil
- ☐ Plastic wrap
- ☐ Dish towels
- ☐ Cleaning cloths
- ☐ Laundry basket
- ☐ Step stool
- ☐ Umbrella

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