

## 2 Months Before Move

- Finalize retirement community choice
- Send home/condo/apartment deposit
  - Inquire about move-in restrictions (days/times)
- Pick a moving date
- Call insurance agent to see if change in policy (rental vs. homeowner) is needed
- Research senior move management services
  - Ask for a consult and decide if services are necessary
- Get pricing for moving & shipping services (at least three)
  - Visit the BBB website, other review sites, and ask for references to contact. Once you've made a decision, book ASAP
  - Purchase moving insurance—sometimes offered through your insurance agent
- Secure apartment dimensions & create floor plan
  - Decide what furniture & other belongings will fit (& won't fit)
- \*Take pictures to recreate setup of prior home
- Begin sorting items into three groups: Keep, Donate, Trash
  - Hold a garage sale
  - Order a dumpster for junk removal
- Reserve storage space, if necessary
- Order boxes, packing tape, bubble-wrap and other supplies
- Fill out USPS change of address paperwork

\*Key for Alzheimer's and Dementia patients

## 1 Month Before Move

- Notify all physicians of relocation; if moving out of the area ask for referrals in new area
- Schedule disconnection of utilities at old home
  - Phone
  - Internet
  - Cable
  - Water
  - Garbage
  - Gas
  - Electric
- Begin packing non-essential items (towels, linens, extra dishware, etc.)
- Label packed boxes by room and contents
- Separate valuable items to transport yourself
- Notify these services about change of address:
  - Insurance
  - Credit card companies
  - Social Security Administration
  - State Vehicle Registration
  - State/Federal Tax Bureau
  - Pharmacy/prescription delivery program
  - Banks
- Cancel magazine and newspaper subscriptions
- Print new checks with new address

# Senior Moving Checklist

## 1-2 Weeks Before Move

- Confirm movers (date, time, pricing, number of personnel on hand, etc.)
- Continue packing
- Pack suitcases with clothes and personal items
- Separate daily necessities for quick, easy access to them in the new home
- Make sure all prescriptions are filled
- Take pictures of furniture and note any damages on an inventory sheet
- Dispose of hazardous waste—paint, propane, gasoline, etc.

## 2-4 Days Before Move

- Begin packing necessities
- Create a schedule for moving day
- Have a screwdriver, wrench, pliers, tape, etc. handy
- Set aside boxes you're moving yourself

## Moving Day

- Remove bedding and take beds apart
- Take movers through the house & inform them of what to do
- Check each room for things left behind
- Verify utilities work at new home
- Assemble bedding & important personal spaces first (i.e. bedroom, bathroom)
- Begin unpacking essentials for kitchen, bathroom, living room

## Other Important Tips:

For the first few weeks after the move, keep an eye on yourself (or your elderly loved one). Alert the staff about any difficulty adjusting, as this could be Relocation Stress Syndrome.

If your elderly loved one suffers from Alzheimer's or Dementia the moving process could be particularly challenging. The goal should be to make the new apartment as close to their previous home as possible to reduce stress and confusion. Taking pictures is an easy way to help you recreate living spaces from the old home. When unpacking, prioritize the bedroom—make sure this is fully set up as soon as possible.

Moving is a long, arduous process. If you don't have the time or the desire to deal with all of the details hire a Moves For Seniors senior move manager. Our certified move managers will guide you and your loved ones through the moving process, assisting in every task necessary:

- Develop an overall move plan
- Organize, sort and downsize
- Customize floor plans for your new home
- Provide professional packing service
- Move and unpack your items in your new home
- Carefully ship furniture and other family treasures to your children, grandchildren or other destinations anywhere in the U.S.
- Arrange for storage, if necessary
- Oversee the profitable disposal of unwanted items through auction, estate sale, buy-out, consignment, donation, or a combination of methods
- Provide any related service, including cleaning, waste removal, shopping, senior escort, assisting with selection of a realtor, and helping prepare the home to be sold

For more information or to receive your **FREE MOVE CONSULTATION**  
call 1-800-545-4774.

