



Transitioning Seniors Downsizing & Re-Settling Services



PRE-MOVE

- Space plan to determine what furniture will fit in new floor plan
- Sort items into groups
 - What goes to new home?
 - What goes to family?
 - What gets sold, donated or disposed?
- Declutter home
- Coordinate donation pick-up
- Manage paper and documents

POST-MOVE

- Organize movers as furniture and boxes come into unit
- Unpack boxes
- Organize kitchen items in cabinets and closets
- Organize clothing in closets and drawers
- Organize space to create an organized, tranquil and safe environment
- Prepare moving boxes and other packing materials for pick-up and disposal

Moves for Seniors offers a wide range of solutions to facilitate senior relocations. In addition to the actual logistics of moving furniture and personal belongings to the new home, we have packaged services to ease the stress of all the other tasks associated with the transition.

Transition Packages

Pre-Move

4 Hour
\$299

8 Hour
\$575

Post-Move

4 Hour
\$299

8 Hour
\$575

Additional Hours = \$79 per hour



If you would like more information about this program please contact a Moves For Seniors representative at 800-227-0515.

Tips to Stay Organized During Your Move

- ☐ Purge before packing by eliminating clutter and unnecessary items.
- ☐ Obtain moving estimates on the phone, in-home, or using Moves for Seniors online 2-way video survey precise records program.
- ☐ Itemize inventory of your furniture and belongings to determine what will be moving with you.
- ☐ Sort your items into five groups:
 - ☐ Keep
 - ☐ Storage
 - ☐ Donate
 - ☐ Give to Family
 - ☐ Throw Away
- ☐ Obtain a written appraisal of any antique items to verify value.
- ☐ If you need assistance with sorting, packing and rightsizing, Moves for Seniors can arrange a visit by a Senior Move Facilitator in your area.
- ☐ Make a list of friends and relatives who should be notified of your move.
- ☐ Make arrangements for all utilities including phone, internet, cable, water, garbage, gas and electric.
- ☐ Notify these services of change of address:
 - ☐ Bank
 - ☐ Insurance
 - ☐ Credit card companies
 - ☐ Social security
 - ☐ Vehicle registration
 - ☐ Tax bureaus
 - ☐ Organizations & Clubs
 - ☐ Pharmacy
- ☐ Confirm your moving date and any services needed.
- ☐ Obtain all needed medical, dental, and veterinary records.
- ☐ Keep all daily necessities nearby for quick access at all times.
- ☐ Pack a suitcase with items such as clothing, toiletries, medications, etc., for the first night in your new home.
- ☐ Label all of your boxes with the contents and the room it belongs in. Mark the top and one side of the box.
- ☐ Color-code or clearly label the different rooms of your home to save time when sorting boxes once you arrive.
- ☐ Clearly label which boxes should be unpacked first.
- ☐ Use FRAGILE labels for boxes containing delicate and breakable items — place one on top and two on the sides.
- ☐ Repack computers and electronics in their original boxes or use a box that's slightly larger than the component to allow room for extra packing materials.
- ☐ Label the wires, cords, and jacks of your components to make re-connecting your system quick and easy.
- ☐ Keep all of your important documents in one place so they are accessible during the transition.