

# Senior Moving Checklist

Moving date \_\_\_\_\_

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## Pre-Move Preparations 6-8 weeks Before Moving Day

- Assess and downsize belongings:** Sort through belongings to determine what to keep, donate, or discard. Consider using a professional organizer if needed.
- Create a moving plan:** Organize a timeline with deadlines for each task to keep the process moving forward.
- Contact a moving company: Research and hire a moving company that specializes in senior relocations or find assistance from family members.**
- Notify important parties of address change:**
  - Family, friends, and loved ones
  - Banks, insurance companies, and healthcare providers
  - Post office for mail forwarding
  - Subscription services (magazines, newspapers)
- Arrange for medical records transfer:** Ensure medical documents and prescriptions are transferred to the new location if changing doctors.
- Start packing non-essential items:** Begin packing items you don't use daily (e.g., seasonal clothes, extra furniture).
- Prepare a moving fund:** Budget for moving costs, supplies, and any other services needed.

## 4-6 Weeks Before Moving Day

- Check senior living facility (if applicable):** Confirm your new home has all the necessary accommodations and support services in place.
- Consider transportation needs:** If the new home is far away, arrange transportation for family members or hire a travel coordinator if needed.
- Arrange for utility transfers:** Schedule the disconnection of utilities at the current home and set up services at the new location (electricity, water, internet, etc.).
- Begin sorting important documents:** Gather medical records, financial records, legal documents (will, power of attorney), and identification documents.
- Get packing supplies:** Purchase boxes, packing tape, bubble wrap, and labels for items.
- Schedule help for packing:** Whether it's family or a professional packing service, ensure assistance is in place.

## 2-4 Weeks Before Moving Day

- Pack frequently used items:** Start packing up items used regularly but not needed for the next few days (kitchen gadgets, extra clothing).
- Contact healthcare providers:** Ensure that you have all necessary prescriptions filled and make any arrangements needed for health care in your new location.
- Coordinate with movers:** Confirm the moving date and details with the moving company. Check if additional services (e.g., packing help) are needed.
- Label boxes clearly:** Label boxes by room and list contents to ensure a smooth unpacking process.
- Make a list of things to do on moving day:** Ensure all important tasks (e.g., final walk-through, checking for missed items) are outlined.

## 1 Week Before Moving Day

- Pack essential items:** Pack a box or bag with important items for the first night at the new location (clothing, toiletries, medications, important documents).
- Confirm move-in details:** Contact the new home (whether it's a family home or a senior community) to confirm move-in times, requirements, and any key codes or security protocols.
- Clean the old home:** Clean the house or apartment once all personal items are packed. Consider hiring a cleaning service if necessary.
- Arrange transportation for pets:** If you have pets, arrange transportation and accommodations for them during the move.
- Prepare the home for the movers:** Ensure all furniture and items are ready for moving, and clear pathways for movers to work efficiently.

## Moving Day

- Ensure family/friends are available:** Have a friend or family member present to assist during the move.
- Confirm with movers:** Go over the moving plan and make sure everything is understood by both parties.
- Conduct a final check of the old home:** Walk through the house to ensure nothing is forgotten or left behind.
- Supervise the unloading at the new location:** Make sure the movers place items in the correct rooms according to your labeling system.
- Set up the bedroom first:** Create a comfortable and familiar space to ease the transition for a restful night's sleep.

## Post-Move (First Week After Moving)

- Unpack essential items first:** Focus on the kitchen, bathroom, and bedroom to make the space livable.
- Set up your home:** Arrange furniture and decor to make the new place feel like home.
- Register with a new healthcare provider:** If needed, schedule appointments and ensure all medications are properly transferred.
- Test safety features:** Check that smoke detectors, lighting, and other safety features are functioning.
- Meet neighbors or new community members:** Take time to introduce yourself to your new neighbors or community, if applicable.
- Settle into the routine:** Re-establish daily routines (meals, exercise, medication) to feel more settled.