

# Senior Moving Checklist

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## Pre-Move Planning

- Assess Needs:** Determine specific needs for the new living situation (e.g., single-level living, accessibility features).
- Research Housing Options:** Look into retirement communities, assisted living, or suitable housing options.
- Visit Potential New Homes:** Schedule visits to potential new residences to ensure they meet your needs.
- Create a Timeline:** Set a realistic timeline for the move, allowing ample time for preparation.

## Downsizing and Sorting

- Sort Belongings:** Categorize items into keep, sell, donate, and discard to organize and simplify the downsizing process.
- Downsize Gradually:** Start early and downsize one room at a time, allowing for thoughtful decisions and emotional processing.
- Gift Items:** Gift heirlooms or special items to loved ones, simplifying your belongings while keeping cherished items in the family.
- Sell or Donate:** Hold a garage sale or list items online, and donate unsold items to charities, giving them a new purpose.

## Utilities and Services

- Choose a Moving Company:** Select a mover with experience in senior relocations.
- Consult a Senior Move Manager:** If needed, hire a professional to help with planning and downsizing.
- Legal and Financial Consultation:** Consult with professionals to ensure all legal and financial

## Health and Medical

- Transfer Medical Records:** Arrange for medical records to be transferred to new healthcare providers.
- Refill Prescriptions:** Ensure you have enough medication for the transition period.
- Find New Healthcare Providers:** Research and select new doctors, specialists, and pharmacies in the new area.

## Utilities and Services

- Notify Service Providers:** Arrange to transfer or cancel current utilities and set up new ones.
- Change of Address:** Update your address with the post office, bank, insurance, and others.
- Home Services Setup:** If moving into a community, understand what services are included and what needs to be arranged independently.

## Packing and Moving Day

- Pack Smart:** Label boxes clearly, with special attention to essentials you'll need immediately.
- Personal Comfort:** Pack a bag of personal items, medications, and essentials for moving day.
- Confirm Moving Details:** Double-check arrangements with the moving company a few days before.

## Post-Move

- Unpack Essentials First:** Focus on setting up the bedroom, bathroom, and kitchen.
- Explore the Community:** Get to know your new neighborhood and community facilities.
- Establish a New Routine:** Find local clubs, activities, or groups to join to stay active and social.

## Safety and Comfort

- Safety Proof New Home:** Install grab bars, non-slip mats, and ensure adequate lighting.
- Emergency Plan:** Set up an emergency contact list and familiarize yourself with local emergency services.