

Senior Moving Checklist

Moving can always be exciting, but can also be stressful, so to help you with the process here is a checklist that will help make your move go smoothly and successfully.

Remember, if you are moving a family member or yourself being organized is the key.

Determine What Your Needs Will Be:

As far as you can in advance discuss with your family what your new home looks like. This will help you narrow down and save time in your search.

Keep in mind there could be a waiting list of up to 2-3 years in a community, so make sure to call and request their packages to be mailed to you if not available on the website.

You can get on the move-in list and when they call and your not ready they can keep you on the list for future availability.

Now, let's think about what you want vs need:

- What Type of area do you want to live in or near:
 - Gated Community
 - 55+ Community?
 - Standard Neighborhood/Subdivision
 - Condo/Garden Home

- Are you looking to downsize?**
 - Need extra rooms for family to visit?
 - Standard Neighborhood
 - Assisted Living

- What Does your Area Offer**
 - Shopping
 - Medical Facilities
 - Parks
 - Restaurants
 - Churches
 - Libraries

- What does your new home look like?**
 - Are you looking to downsize
 - Need extra rooms for family to visit
 - Bathrooms
 - Closet Space
 - Storage Space
 - Patio/Balcony

- Amenities:**
 - Takes Pets
 - Cleaning Services
 - On-site eating establishments
 - Laundry Services
 - Transportation Services
 - Activities - What activities do you enjoy?
 - Trash Services
 - Lawn Services
 - Uber/Lift Services
 - Handicap Accessible
 - Pool/Hot Tub
 - Exercise Facility

□ **Medical:**

Talk to your current doctor about the move
 Ask for recommendations of new doctors
 Look at new pharmacies in your new area and start the process of moving everything.
 Write this information in your planner or organizer.

Now that we have determined your wants and needs lets start to put some timelines in place.
 This is a recommended timeline, but keep in mind this will depend on where you are moving
 and the availability in the community.

Keep in mind if you do not like the location of the new home say where the apartment is located
 you can be specific of where you want it located, but this might take longer to get.

Just remember do not settle.

3 months prior to Move:

Talk to your family to enlist their help.
 You might let them know if you are getting rid of any furniture, accessories, etc and offer it to
 them.

Maybe have a garage sale

Ask for a floorplan of the new home so you can think about how your furniture will layout.

Determine how you will move:

Family moving you

Hiring a moving company?

If hiring a moving company research their services and compare prices.

What will they do for you?

Will they come and pack your belongings for you?

What type of insurance do you need on them if case something gets broken or
 missing?

Do they furnish moving boxes

Make sure to ask for the Senior Discount

Do you need a veterinarian and if so start the process to finding one and talking with
 your current vet on moving their records.

If your pet is not chipped now is a good time to have this done in case they get away from you.

6 Weeks Prior to Move

Do you have to sell your home or if renting give notice?

Are you moving out of your area?

If you are moving away you will want to now start making travel arrangements: Flight and Hotel

Remember to tell the airline when booking your flight of any special needs you have.

Food allergies

Special Medication

Need assistance

Wheelchair

Once you arrive at your new home will you need transportation? Uber or Lift?

If so, make sure you have the app on your smartphone so when you arrive you can order a car.

Call your doctor to let them know your new address

Call Pharmacy and transfer medications to your new pharmacy

Are you having a garage sale? Things you do not want might be someone else's treasure so if you are able to have one do it and use that money towards your move.

Create a donation area and call them to come pick it up.

If you will need to store anything prior to the move check your local storage facilities, price, air conditioned or not, ease of moving in and out, how to access 24/7.

Start packing. Make sure you have a Sharpie to write on each box what room it will go in so when you arrive at your new home those helping will know where to put them.

You will need boxes, labels, shipping tape, sharpie, paper towels, toilet paper, paper plates and anything else set aside as you pack.

NOTES:

Create a First Night Box:

This will include the following and should be labeled as such. When moving it tell the helpers this box is #1 off the truck and put it in a special place in your new home so you can find it easily as it will contain items you will be the first couple of nights.

- Paper plates
- Paper Towels
- Toilet Paper
- Dishwashing liquid
- Cleaning supplies – Clorox wipes, etc.
- Extra phone charger and outlet
- Light bulbs
- Remote to TV
- Pet food
- Potty pads and Litter
- Toothbrush
- Toothpaste
- Bath soap
- Deodorant
- Change of clothes
- snacks

NOTES:

3 weeks Prior to Move:

- Social Security and Medicare: If you receive these benefits make sure to update your mailing address on the websites prior to moving.
- Ask your doctor to forward all your medical records to the new doctor. Wait a week and then confirm this took place. Make sure to stay on top of this and they do it prior to moving.
- Make sure to transfer your prescriptions to the new pharmacy and confirm this prior to moving. You might even ask your doctor to give you a 2 months supply at once so you can have time to settle in and not worry about them being filled right away. Give yourself some breathing room in any way you can.
- Make sure you have someone to help you unpack if you need that assistance.
- Find the name of a handyman to help you if you do not have that available at your new home.
- Make sure to have extra keys made to your home and give to a trusted family member or friend.
- If you have an Amazon account go online and order things you will need once you arrive. Then schedule it to be delivered the day after you arrive.

After you move in give yourself some time to adapt. Moving is always exciting, but can be stressful. Remember, it does not all need to be unpacked in one day.

TIP: As you have people bringing in your boxes make sure they see the label on the box and put in the appropriate room in a corner so you have room to move around in.

As you unpack boxes fold them and set in an area of the home that are not in the way and then offer to someone else who is moving.

Remember to eat healthy the first couple of weeks. We tend to grab what is easy so if you have to stop and cook a couple of meals make this a priority and freeze them or know who delivers healthy meals to your area.

If you have a restaurant on the grounds, make time to go down and eat this will also give you an opportunity to meet your neighbors.

NOTES:

Week of Move

Confirm with those that are helping you move the day and time to get started

You have your First Night Box packed

You have all medications, equipment needed to take with you ready

Check online orders to confirm delivery

Confirm new mailing address has been changed

Turn off current utilities

Confirm new utilities are ready to be turned on

Confirm Mail is changed to new address

2 sets of keys for new place

Pet's have their bed, crate, food and water and any medication ready and organized.

Did you get the pet chipped? If so, get the records and if not do this immediately.

If driving – have your tires checked, oil checked and fill up with gas.