



Moving can be a significant life event, especially for seniors transitioning to a new home. Proper planning and organization can make the process smoother and less stressful.

Here's a comprehensive checklist to guide seniors through the moving process.

I always recommend you work with professionals, it can make the entire process so much simpler. Consider working with a Senior Move Manager who will take over all of the coordination, allowing you to sit back and just enjoy doing the things you love to do.



6-8 Weeks Before Moving

- Decide on a Moving Date: Choose a date that provides ample time to prepare.
- Create a Moving Binder: Use it to organize important documents, receipts, and contacts.
- Notify family, friends, doctor, pharmacist, and other service providers.
- Hire your movers.

4-6 Weeks Before Moving

- Begin Packing Non-Essentials
- Label boxes clearly with their contents and destination room.
- Transfer or Cancel Services:
 - Arrange for utilities to be set up at the new home.
 - Cancel or transfer subscriptions like newspapers or meal delivery services.
- Update your address with banks, credit card companies, and insurance providers.

2-3 Weeks Before Moving

- Downsize Large Items - Sell or donate furniture that won't fit in the new home.
- Arrange for bulk trash pickup, if needed.
- Pack an Essentials Box - include medications, toiletries, clothing, important documents, and any items needed immediately upon arrival.
- Prepare for Moving Day:
 - Arrange transportation, especially if special accommodations are needed.
 - Confirm details with the moving company.

1 Week Before Moving

- Pack remaining items and double-check labels on boxes.
- Clean Your Current Home - Do a final deep clean or hire a cleaning service.
- Ensure the home is in good condition for the next occupants.

Moving Day

- Have Your Essentials Box Ready - Keep it with you during the move.
- Direct movers as needed and double-check that all items are loaded.
- Do a Final Walkthrough - Check all rooms, closets, and storage areas to ensure nothing is left behind.

Moving can be a complex process, but with careful planning, seniors can transition smoothly to their new home. Take it one step at a time, and don't hesitate to ask for help from family, friends, or professionals.

