



Moving as a senior comes with special considerations. Planning is key to making the move as easy, safe and comfortable as possible.

2 Months Before the Move

Visit the new home

Whether it's a retirement community or a single-family home, visit the property to get a feel for your new home and neighborhood.

Verify mobile access

If you have mobility limitations, verify your new home has the appropriate accommodations.

Start decluttering

It's easy to accumulate items over the years, but it's important to start decluttering months before your move to remove anything you don't use. Enlist the help of friends, family, a professional organizer, or moving company to speed up the process.

Plan out the logistics

Get the floor plan measurements for the home you will move into, so you know which furniture will fit and which will not.

Donate or sell unwanted items

Reduce the number of items you are bringing with you to your new home by selling or donating what you no longer want or need.

Get moving estimates

Contact movers to get quotes so you know what to expect in terms of costs and services. Also, ask for references, and follow these tips to make sure you get an accurate moving quote.

Book your movers

Schedule your movers well in advance so you can make sure they have availability, especially if you are planning on moving during the summer months.

Make a packing and unpacking plan

Draft out what you plan to bring and unpack in order.



1 Month Before the Move

Contact your doctors

If you move out of the county or state, or you plan to get a new medical professional to handle your care, you'll need to contact your doctor's office to transfer your medical records to your new doctor's office.

Create an inventory

Know exactly what you're bringing by making a list of each item.

Schedule time off

If you are helping a loved one who is older, make sure you schedule time off in advance so you can focus on moving day.

1 Week Before the Move

Pack medication

The closer you get to moving day, pack up your medication, label the bags so that your medication does not get lost, then put it aside so it is not accidentally packed by movers

Make payment arrangements

If you have yet to make arrangements to pay your movers, now is the time to get it done.

Redirect mail

Fill out a change-of-address form via USPS's website or visit your local post office to forward mail to the new address.

Arrange donation pickup

Local charities often provide convenient services for picking up donations at no cost, but they can book fast. So schedule a donation pickup from a local charity for any unwanted items.

Set up your utilities

Make sure you start service for electricity and water.

Pack in zones

Start with small rooms or less used rooms, such as the attic or basement.

Start packing

Give yourself at least one month to pack up all of your valuables so you don't forget important documents or items on moving day.

Reconfirm moving arrangements

Contact your local movers to confirm your moving arrangements, including the date and time of the move.

Inform billers of address change

Update your address with your service providers, banks and billers so you don't miss any important information.

Buy necessary items for your new home

Purchase any necessary home furnishings you need, such as drapes, mats and shower curtains.

Clean

Enlist the help of family or a cleaning service to clean your home.





Moving Day

Verify the movers

Make sure the movers who are helping you move are the ones you hired. Check licenses and company logos on the truck.

Hand over the keys

Provide the new owners with the necessary keys to open the front door, swimming pool gate, mailbox and any other door that you had access to as a resident of the home.

Check and sign moving documents

Make sure to sign the documentation, such as the bill of lading, for the move. Double-check the fine print, too.

After the Move

Unpack essentials first

Unpack the important items, such as medication and documents, before your other items.

Verify automated payments

If you set up an automated payment, make sure the amount is correct.

Final Thoughts

Moving as a senior or with an older family member comes with a few considerations. From mobility access to creating an inventory list, there are many things you can do to prepare for the move.

With careful planning and the help of this checklist, you can make the process go smoothly.

Put prepacked items to the front

This helps to save time when moving.

Do the walk-through

Along with the real estate agent, make sure you review the condition of the home and that every item is in its place.

Double-check inventory

Check that all your items are in your home before signing the bill of lading.

Relax

Take the time to unwind and appreciate your new home.

