

The Ultimate Guide for Seniors Moving & Downsizing

Planning Your Move

- ☐ Create a moving checklist: Include tasks such as scheduling your moving company, notifying utilities, and organizing donations.
 - ☐ Set a budget: Consider moving costs, packing services, storage fees, travel expenses, and insurance for valuables. Request senior moving quotes from trusted movers.
 - ☐ Declutter: Decide what to keep, sell, or donate. Consider local charities to bring some things to.
 - ☐ Hire professionals: Choosing the right moving experts ensures safe and efficient handling of furniture and valuables.
 - ☐ Recruit help: Enlists willing family members or friends to lend a helping hand.
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Packing Tips for Seniors

- ☐ Reduce the risk of back strain or injury. Consider using soft bags for clothes and linens.
 - ☐ Label boxes clearly with contents and destination rooms.
 - ☐ Pack essential items separately: Include medications, glasses, chargers, important documents, and a few days' clothing for immediate access.
 - ☐ Protect valuables: Wrap fragile items in bubble wrap or clothes, and keep documents, jewelry, and electronics in a secure, personal bag.
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Moving Day Tips

- ☐ Keep essentials handy: Medications, glasses, important documents.
 - ☐ Stay hydrated and rest frequently: Moving can be physically and emotionally exhausting.
 - ☐ Coordinate with your moving experts: Let the professionals guide furniture placement and handling of heavy items to avoid injuries.
 - ☐ Keep essentials handy: Medications, important documents, glasses, and a small snack bag should be within reach.
 - ☐ Have a plan for pets: Arrange care or safe transportation if pets are part of your move.
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Settling Into Your New Home

- ☐ Arrange furniture for mobility: Make sure pathways are clear and accessible, particularly for walkers or mobility aids.
 - ☐ Unpack essentials first: Set up the kitchen, bedroom, and bathroom to make daily life functional immediately.
 - ☐ Decorate gradually: Personalize your space slowly to avoid feeling overwhelmed.
 - ☐ Explore your new community: Visit social clubs, local parks, and senior centers to meet neighbors and participate in activities.
 - ☐ Follow safety tips: Check National Institute on Aging guidelines for home safety, fall prevention, and mobility tips.
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Maintaining Your New Space & Lifestyle Tips

- ☐ Organize regularly: Keep clutter under control with weekly or monthly tidying routines.
 - ☐ Create accessible storage: Store frequently used items within easy reach and label boxes or drawers.
 - ☐ Safety first: Install grab bars in bathrooms, remove tripping hazards, and ensure adequate lighting.
 - ☐ Stay active and social: Participate in local events, fitness classes, or hobby groups to maintain both physical and mental health.
 - ☐ Manage paperwork and finances: Keep moving-related receipts, warranties, and documents organized for easy access.
 - ☐ Personal comfort: Arrange seating, lighting, and temperature to suit your lifestyle and mobility needs.
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