



SENIOR MOVING CHECKLIST

In 2020, about 400,000 retirees moved residences in the U.S. for personal or financial reasons. If you are moving elderly parents across state or helping a senior downsize, the process can be lengthy and frustrating. Safety and simplicity are especially important for seniors relocating to a sunnier or more financially-friendly area. Explore the moving checklist for seniors below for a more efficient move:

4 WEEKS BEFORE

EXPLORE RETIREMENT COMMUNITIES

The U.S. outranks other countries with the most retirement communities per capita. So, you are spoiled for choice when looking into potential retirement communities.

Your choices include independent living communities, assisted living communities, and continued care retirement communities (CCRCs), depending on the level of care. Consider your budget, recreational facilities, medical care, lifestyle, and weather when choosing retirement communities

KEEP EVERYONE ON THE LOOP

Effective communication is an integral part of a senior moving checklist as it keeps everyone on the same page. A senior move can get emotional, especially if you and your siblings have different opinions. Also, pay attention to the senior's concerns and consider their suggestions to empower them during the move.

TRAVEL TO THE NEW RESIDENCE

If possible, stop by the new home several times before moving day. Consider the first impressions as they indicate how comfortable the community will be when you move in.

Do the staff greet you warmly? Does the home look clean and well-maintained? Are the other residents at ease?

INVOLVE OTHER FAMILY MEMBERS

Additional help from other family members simplifies seniors' relocation. If you are downsizing, ask your family about the items they want to have. Also, inform family members about your move in advance to help them plan their schedule. If they are unavailable, consider elderly moving services near you.

CREATE A FLOOR PLAN FOR THE NEW HOME

Get dimensions for a new place when you visit to determine what will fit and what won't. The blueprint will come in handy during downsizing as you can accurately decide what to carry.

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3 WEEKS BEFORE

CHECK FOR MOBILITY-FRIENDLY DESIGN

Disability impacts 2 in 5 Americans age 65 and older, and it is vital to relocate to a retirement home with a mobility-friendly design. Even if you or your senior family members are fully mobile now, a mobile-friendly residence caters to the future.

BOOK FLIGHTS, CAR, AND ACCOMMODATION

Book flights or a car in advance to save money when moving elderly parents to another state. A long-distance move is quite tiring, and you should also organize overnight accommodation.

ACQUIRE MOVING QUOTES

Getting moving quotes from about three companies is one of the important senior tips for seniors. The best movers offer in-person or virtual walkthrough quotes for a more accurate estimate.

PICK THE MOVING DATE

Once you identify a reliable mover, pick a moving date and schedule their services. Helpers for moving are especially busy during the warm months, and you should book them as early as possible.

NOTIFY YOUR HEALTH INSURER

Healthcare is a vital part of a retirement relocation checklist. Speak to your health insurer to ensure you are fully insured during and after the move.





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2 WEEKS BEFORE

CONSULT YOUR PHYSICIANS

If you need new physicians in the new place, contact your current doctors to transfer your medical records. Also, discuss any precautions you or an elderly family member need to make during the move and ensure that prescriptions are up to date.

UPDATE YOUR MAILING ADDRESS FOR SOCIAL SECURITY AND MEDICARE BENEFITS

A comprehensive moving checklist for seniors should also include changing the mailing address for elderly family members who receive Medicare and social security benefits. Fortunately, you can complete this task online.

DOCUMENT VALUABLES

Make a list of jewelry, electronics, documents, collectibles, artwork, and other valuables and include their estimated value and condition. If you hire senior moving assistance, the inventory list confirms that you received all your valuables in the expected condition.

CONFIRM MOVING PREPARATIONS

If you have scheduled [senior citizen moving](#) assistance, confirm the date with the movers. Also, double-check airline and accommodation reservations.





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DAY BEFORE THE MOVE

AUTHENTICATE THE MOVERS

Safety is paramount when helping seniors move, as they are often the target of scams. Thus, ask for verification from movers and verify the logos on their uniforms with that on the senior moving company truck.

CONFIRM DETAILS ON MOVING DOCUMENTS

Before you sign the moving documents, read the fine print and ask about any concerns you have.

ASSESS THE CURRENT HOME'S CONDITION

The last step on a checklist for moving elderly parents is to walk through the property before you leave. Ensure that the property manager documents that everything is in good condition and check if you have left anything behind.





IN CONCLUSION

The above steps will help you draft a comprehensive senior moving checklist to relocate your elderly family members. If you are making the move by yourself, ask for help from family in advance or hire senior downsizing services near you. At Sunshine Movers, we treat every senior we relocate like our own family. [Call us](#) today for a stress-free senior relocation.

FAQS

- **How do you get a senior to move?**

Talking to elderly family members about a possible relocation to a retirement community can be a sensitive topic. Thus, broach the subject gently and listen to their concerns. Also, make them feel safe and validated, and inform them of every step of the move.

- **How can we assist the elderly at home?**

If your seniors decide to live independently, start by making changes in the house to help them move around. For instance, install grab bars near the shower and toilet and tuck away wires and cables. Also, hire in-home caregiving to assist with basic activities.

- **What services do seniors need most?**

Helping seniors with medication management, housekeeping, mobility, meal preparation, running errands, and shopping assistance improve their quality of life

- **What assistance can you offer elderly people?**

In addition to helping the elderly with daily routines, you can assist them in the search for a suitable retirement community. Then, hire reliable senior moving services to help your elderly family members transition into the new home.

- **How do you put an old person into a house?**

Interior modifications are necessary to make a senior's home more elderly-friendly. If they can no longer live independently, talk to them about a transition to assisted living. Patience is key when relocating seniors, and you should accommodate all their concerns to make them feel safe.

