

# The Big Move:

## FIVE TIPS & TRICKS TO TRANSITION TO A SENIOR LIVING COMMUNITY

The decision to move into a senior living community can be exciting, nerve-wracking and exhausting, regardless of the reason you decide to move. Below are some tips and tricks to help you during this transition.

**1. Review Your Finances.** Senior living communities can be surprisingly affordable once you make an apples-to-apples comparison of the expenses and amenities, but you want to make sure you analyze your whole financial picture — including savings, investments, taxes, and real estate — before making any decisions. Both the community sales counselor and your financial planner are important allies.

**2. Start Downsizing Today.** Even if you don't plan to move tomorrow, or even in the next year, streamlining today will help you tremendously when the time comes. Perform a room-by-room inventory of all your stuff and begin weeding out the clutter and the items you don't have a sentimental attachment to.

**3. Find Your Community.** Whether you are looking for an active independent living community, a Continuing Care Retirement Community (CCRC) or you are researching assisted living, options abound. This is not an easy decision to make under duress, so if you can, research your area's senior living options well in advance of when you anticipate a move.

**4. Plan Your Move.** Once you have found a community, ask your sales counselor for a copy of your future floor plan and start mapping out what furniture will go where and what you need to bring. Shift your downsizing into high gear. Also, take advantage of any opportunities to meet and mingle with your future neighbors. Communities provide a number of resources – from lists of professionals to assist in the planning of your move to on-site move coordinators who can help you design a move plan according to your schedule.

**5. Take Care of the Nitty Gritty.** Compile important documents such as your will, any deeds or insurance documents, your advanced medical directive, and other items into one place. Consider whether any documents need attention. Update your address on all of your accounts and forward your mail with the post office. Pack a bag including medication so you will have it handy while you are unpacking.

**Finally, Have Fun!** This is a big move, but it also offers the chance to start fresh, make new friends, and enjoy all the amenities senior living communities have to offer.



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