

SENIOR MOVING CHECKLIST

Many people choose to move at some point during retirement. They might want to downsize their home, move closer to family or experience the many benefits of independent living, assisted living, or memory care community. Whatever the reason for a move in later years, the job itself comes with many tasks and moving parts.

Use this checklist to keep yourself on track and reduce stress so you can enjoy the excitement of a new chapter in life.

Pick a date to move

If you're moving into a retirement community or rental, start by finding out when you can take up residence so you know when your earliest moving date may be.

Research moving services and options

If you have friends and family willing to help, you might rent a truck. You can also get a consult and quote from local moving companies or businesses that specialize in helping seniors move.

Make sure you:

- _____ Get prices from multiple companies to compare
- _____ Read reviews and check the Better Business Bureau to ensure companies are reputable
- _____ Review the fine print of any contract to understand costs and fees

Start decluttering and packing

Sort items into things you want to take, things to give away or donate and things to throw away as you pack. If you have a lot of items to throw away, you may want to rent a dumpster to make the process easier. Pack items you don't need in the immediate future as soon as possible and spread out packing over time to make it easier on yourself.

Schedule disconnection or transfer of utilities

This includes electricity, gas, landline phones, internet, cable, garbage, water and any other services.

Complete change of address forms

Notify the Post Office of your new address so mail is forwarded appropriately. Consider notifying doctors offices, insurance agents, banks, credit card companies and other people you regularly do business with directly of your new address. Send out new address notifications or cards to loved ones.

As necessary, verify services at your new location

Make sure internet, electricity and other necessary utilities will be on the day you move.

Take time to enjoy your new home!

