Seniors Guide to MOVING DAY

5 Ways to Keep Your Senior Move Stress-Free



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Ready, Set, Go!



Moving can be stressful, especially when it's a senior move that may involve downsizing, moving long distances to be near family, transporting a medically fragile family member, or other challenges. Here are 5 things to consider while planning your senior move that may help ease some of that stress.

1

Start Early

- As soon as you begin thinking about a move, start downsizing. Even if you're moving into the same size home, streamlining the contents of your home will create a calmer, less-cluttered, and even safer living environment for you. Doing a little bit over a long period of time can ease the stress (physical and mental) of sorting, selling, donating, and organizing a lifetime's worth of belongings.
- Start small. Make a list of your rooms, closets, and clutter areas and create a plan for how many you can reasonably handle each week. Start with a room with low sentimental value (like a bathroom or guest room) and that 'easy' accomplishment can help motivate you during more difficult areas.
- Donating to your favorite charities can make it easier to let go of items you no longer need. It's also easier to part with belongings if you know they're going to loving homes or their stories will be remembered. When gifting those items to family members or friends, take the time to share your memories with them to create a special connection.
- Keep a vision of your new home in your mind--if you loved it because of the open and clutter-free spaces, you may be less likely to overpack.

Build Your Team

2

Don't try to do everything yourself. Enlist family and friends to help with sorting, downsizing, cleaning, moving, getting your house ready to sell, and any of the other many tasks you'll encounter. Don't want to involve family or friends? Consider hiring a senior relocation service to help. The financial investment of a professional will be more than worth the cost and will help you be able to stay positive and excited about your move.

3

Make Healthcare Decisions Ahead of Time

If you're moving to a new city, do these things in the weeks before your move:

- Ask your current medical professionals for copies of important medical records, prescription lists, etc., and referrals for new providers.
- Make sure to keep these records and any prescription medicines packed separately and kept with you on moving day.
- Check with your insurance to make sure new providers are in your network, and go ahead and set appointments with new providers for shortly after you arrive at your new home.
- Ask your pharmacy to transfer your prescriptions to a new pharmacy near your new home.

Plan Ahead for Moving Day

4

- Consider staying at a hotel or with family for a few nights before moving day. You'll have a better chance at resting if you're not surrounded by boxes, and it will also ensure that you have your 'must-haves' (like medicines, toiletries, etc.) with you and keep them from being inadvertently packed away by movers.
- Take it easy. Give yourself plenty of time (and plenty of stops) if you're driving a long distance to your new home. Or if you're flying, contact the airline ahead of time to request boarding assistance, a mobility escort, or special seating accommodations if needed.
- If you'll be moving alone to your new home, consider asking a friend or family member to travel with you. They can assist with the details, your luggage, or just provide companionship during the trip.

5

Home Sweet New Home

- Don't downsize so much that your new home doesn't "feel" like home. Pack a few favorite photos, blankets, mugs, etc., in a special box that can be unpacked first to help you settle in.
- Take time to meet new neighbors. Whether you move into a new home, with family, or a senior community, don't put off meeting the new people around you. Find a new church, explore a new library, join in a community activity, or take a tour of the senior center.
- Before your moving help leaves, make sure someone tech-savvy has your internet, cable, wifi, etc. set up in your new home.

Want more information about your senior move?

Contact me for a free copy of:

- **Senior Guide to Estate Planning**
- **Is It Time to Rightsize Booklet**
- **Senior Downsizing Plans**
- **Having the Senior Talk with your Parents**
- **Aging In Place Safety Guide**
- **And More!**



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