

SENIOR MOVING CHECKLIST

(which you can print!)



At Smart Penny Moving we understand the challenges associated with transitioning one's lifestyle, especially if you are a senior citizen. Our commitment lies in overseeing your relocation process with the utmost consideration and the respect that you rightfully merit.

4 WEEKS BEFORE

EXPLORE OPTIONS AMONG RETIREMENT COMMUNITIES

The United States stands ahead of other nations in terms of developing retirement communities. Your selection encompasses various types, such as independent living communities, assisted living communities, and continued care retirement communities. When deciding on a retirement community, take into account factors like your financial considerations, available recreational facilities, medical services, preferred lifestyle, and climate.

MAINTAIN OPEN COMMUNICATION

Effective communication stands as a pivotal component of a senior moving checklist. The process of senior relocation can evoke strong emotions, particularly if differing opinions arise among you and your siblings. Additionally, it's crucial to attentively address the concerns of the senior individual and give weight to their suggestions, fostering a sense of empowerment throughout the move.

FAMILIARIZE YOURSELF WITH THE NEW RESIDENCE

If feasible, arrange to visit your new residence multiple times before the actual moving day. These preliminary visits offer valuable insights into the comfort level of the community you will soon join.

Take note of the reception you receive from the staff, the overall cleanliness and maintenance of the premises, as well as the general demeanor of fellow residents.

ENGAGE OTHER FAMILY MEMBERS

Involving additional family members can streamline the process of relocating seniors. If downsizing is part of the plan, communicate with your family about items they may wish to acquire.

DEVISE A FLOOR PLAN FOR THE NEW RESIDENCE

During your visits to the new residence, ascertain its dimensions to determine which items will fit and which won't. This detailed layout blueprint will prove invaluable during the downsizing process, enabling you to make well-informed decisions.

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3 WEEKS BEFORE

CHECK FOR ACCESSIBLE DESIGN

Approximately 2 out of 5 Americans aged 65 and above experience disabilities, underscoring the importance of selecting a retirement residence with an accessible design. Even if you or your senior family members currently have good mobility, choosing a place with mobility-friendly features ensures preparedness for the future.

ARRANGE TRAVEL AND ACCOMMODATION

To minimize costs when relocating elderly parents to another state, it's advisable to book flights or transportation well in advance. Given the exhaustion that can accompany long-distance moves, it's also wise to arrange for overnight accommodations.

GET MOVING QUOTES

Reputable movers like Smart Penny Moving offer either in-person or virtual assessments for a more accurate cost estimate.

SELECT THE MOVING DATE

Choose a suitable moving date and secure our services. Moving assistance tends to be in high demand during warmer months, so it's recommended to make arrangements as early as possible.

INFORM YOUR HEALTH INSURER

Incorporating healthcare into your retirement relocation checklist is crucial. Communicate with your health insurer to ensure you maintain comprehensive coverage during and after the move.



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2 WEEKS BEFORE

☐ CONSULT WITH YOUR PHYSICIANS

When you're moving to a new location and require new physicians, it's important to reach out to your current doctors for the transfer of your medical records. Additionally, engage in discussions about any necessary precautions for you or any elderly family member during the move, and ensure that prescriptions remain current.

☐ UPDATE MAILING ADDRESSES FOR SOCIAL SECURITY AND MEDICARE BENEFITS

An all-encompassing senior moving checklist should include the task of changing the mailing address for elderly family members who receive Medicare and social security benefits. The good news is that this task can typically be completed online.

☐ DOCUMENT YOUR VALUABLES

Prepare a detailed inventory that includes valuable items such as jewelry, electronics, documents, collectibles, artwork, and more. This inventory should indicate estimated values and conditions. In the event you opt for senior moving assistance, having this inventory can serve as confirmation that all your valuables were received in their expected condition.

☐ CONFIRM MOVING PREPARATIONS

If you have already arranged for assistance from a senior citizen moving service, it's a good idea to confirm the scheduled date with the movers. Also, take a moment to double-check your airline and accommodation reservations.



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MOVING DAY

VERIFY THE CREDIBILITY OF THE MOVING COMPANY

Smart Penny Moving workers will only show up with the company's official, branded, trucks, and wearing branded uniforms with the company's name and logo.

VERIFY INFORMATION ON MOVING DOCUMENTS

Prior to affixing your signature to the moving documents, meticulously review the fine print and make inquiries about any concerns you may have.

EVALUATE THE PRESENT CONDITION OF THE CURRENT RESIDENCE

The final step in a checklist aimed at assisting in the relocation of elderly parents involves conducting a thorough walk-through of the property before your departure. This step ensures that the property manager formally records the state of everything as being in good condition. Additionally, it's essential to check for any belongings that might have been unintentionally left behind.



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F.A.Q

How do you encourage a senior to consider moving?

Approaching discussions with elderly family members regarding the potential of relocating to a retirement community requires a delicate touch. Initiate the conversation gently and lend an attentive ear to their concerns. It's important to create an environment in which they feel secure and heard, while also ensuring they are kept informed about each step of the moving process.

How can we provide support to seniors at home?

If seniors opt for independent living, you can begin by making home adjustments to enhance their mobility. Moreover, consider enlisting in-home caregiving services to aid with essential daily tasks.

What are the most essential services for seniors?

Assisting seniors with managing medications, maintaining household cleanliness, enhancing mobility, preparing meals, running errands, and providing shopping aid all contribute to elevating their overall quality of life.

What forms of help are beneficial for the elderly?

Beyond aiding with daily routines, you can lend a hand in finding an appropriate retirement community for elderly individuals. Additionally, you can enlist the services of reliable moving experts to facilitate a seamless transition into their new living environment.

How do you facilitate the transition of an elderly person to a new residence? Modifications to the interior of a senior's home are often necessary to create a more age-friendly environment. If independent living is no longer feasible, engage in discussions about transitioning to assisted living. During the process of relocating seniors, patience is essential, and addressing their concerns is crucial in ensuring they feel secure and supported.

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