

TIPS FOR MOVING SENIORS

Moving is a big job, but when you are a senior and you may be moving from a home you raised your family in to something smaller, it can be especially difficult. Even if they are not moving from their first home it is likely to be a big transition so here are some great tips to use as a guide for the move.

Remember how hard this process is for your loved one and try and be

patient, loving and understanding of the emotions that may come up.

1. **Start Early**

Whether you are doing the packing and sorting or your senior is handling the job make sure you start well in advance of the move. This will lesson the stress for everyone.

1. **Sort Belongings**

Once the decision has been made to downsize and move it is important to help sort through your loved ones things. Moving to a smaller place means they can’t take everything with them. To sort, you should sort things into four basic categories: Keep, Store, Sell/Give, and Trash. Start with one area of the house, even if it is just one closet or drawer and go through each item, decide which category it fits into.

If you have trouble figuring out what to toss, look for these key signs that something is best thrown out or given away.

* It has never been taken out of the box
* It is old or out of date
* An unfinished project
* It hasn’t been touched in more than a year
* Furniture that won’t fit the new space

When deciding which items to store, keep in mind these should be things you do not need day to day, but may need for a variety of reasons at some point. Items that are best stored include:

* Paperwork and documents
* Items of sentimental value
* Seasonal items

Items your loved one should consider keeping should include:

* Sentimental items that they may want to see regularly
* Items with high value that they wish to keep close
* Clothing items important for special occasions

IMPORTANT TIP: Senior living facilities are all set-up differently. Some floors or facilities do not lock resident’s doors because assistance is needed all day and night or residents can’t lock doors themselves. Some facilities have locks and nobody accesses your room but you. Make sure you know how things will be handled at your new place. Things do get stolen sometimes at these facilities. It is easy to take money or a pair of earrings. Make sure your loved one does not keep things in the room they are very concerned about losing. Also keep in mind how much cash is left in the room and if your loved one can manage the money themselves.

1. **Packing**
* Be Aware of Box Weight- Even if you have help on moving day, you might need to move boxes around as you unpack. No box should be more than 50 pounds.
* Use Plastic Tubs- For items you will be storing for the long term, use plastic tubs to keep them safe and dry for storage.
* Pack An “Open First” Box- Unpacking is stressful and time consuming so pack a box with first day essentials your loved one will need to get things started. Items like bedding, linens, toiletries, and an outfit or two. This will help to make sure you can easily get the basics ready. Either take the box over yourself or make sure it gets put in the truck last and comes out first.
* Label Well- Labeling your items in detail will help you make sure boxes get to the right place and make it much easier to find items they need later.
1. **Change Of Address**
* Make sure to change your address with the post office, doctors, dentist, credit cards, Social Security, and any other places that need this updated information.
1. **Plan Out Your Space**
* Spend some time in the new space thinking about what items you will bring and how they will fit in the room. Take note of any new items you may need.

IMPORTANT TIP: Some facilities will supply toilet paper, paper towel, hand soap and kleenex. Make sure you know what items are your responsibility to have versus what will be supplied for the room.

1. **What Day And Time Is Move In**
* Make sure you confirm the day and time for your move and the specific facility move in rules. Some places allow you to move in through the main elevator. Some require use of freight elevator only.

 7. **What Can Maintenance Help Me With On Move In Day**

* Find out what help you will have that day from the facility. Will there be flatbeds and carts available? Will they help you hang pictures or put a television on the wall? Where is the garbage shoot and how do I dispose of any moving boxes?

ITEMS FOR THE ROOM YOU MIGHT NOT THINK OF

Toilet paper

Hand Soap

Paper towel

Pens and paper

Trash bags small

Garbage cans for bathroom and kitchen

Scissors

Towels

Bedding

Coffee pot if allowed

Microwave if allowed

Nails for pictures

Hammer

Screw Driver

Dish Soap

Ice trays for freezer

Long mirror over the door or for wall

Sponges and dishtowels for housekeeping

Personal rolling carts if needed