

Move-Pros

The Senior Moving Checklist

Use this week-by-week timeline to keep the move on track. If you're working with a shorter timeline, combine the steps and lean on your movers for extra help.

8 Weeks Before the Move

- Talk with your parent about their goals, needs and concerns
- Tour communities and choose the new home
- Confirm the move-in date and get the floor plan and room dimensions
- Ask about building rules: elevator reservations, moving hours, insurance certificate
- Schedule a free estimate with senior movers
- Choose a family point person to coordinate the move

6 Weeks Before

- Book your moving date
- Measure furniture and decide what fits the new space
- Start sorting one room at a time: keep, store, give to family, donate, discard
- Record stories behind heirlooms and decide which family members receive them
- Arrange short- or long-term storage if needed
- Decide on a plan for the old home: sell, rent or keep

4 Weeks Before

- Transfer prescriptions to a pharmacy near the new home
- Request medical record transfers and notify doctors
- Submit a change of address with USPS
- Update the address with Social Security, Medicare, banks, insurers and pension providers
- Schedule donation pickups or drop-offs
- Begin packing items your parent rarely uses

2 Weeks Before

- Arrange utility shut-off at the old home and setup at the new one (phone, internet, cable)
- Confirm move details with the movers and the new community
- Finish sorting; schedule debris removal for unwanted items
- Make a furniture placement plan for the new room
- Refill prescriptions so there's a supply on hand for moving week

1 Week Before

- Pack the first-night bag: medications, glasses, hearing aids, toiletries, clothes, chargers, important documents
- Label boxes by room and mark fragile items
- Plan where your parent will spend moving day
- Set aside valuables, jewelry and documents to carry yourself
- Confirm who will be at each home on moving day

Moving Day

- Do a final walkthrough of every room, closet and cabinet
- Keep the first-night bag with your parent
- Set up the bed and bathroom first
- Place familiar photos, bedding and favorite items right away
- Check that phone, lights and call buttons work

After the Move

- Finish unpacking and hang artwork and photos
- Visit often during the first few weeks
- Help your parent meet neighbors and staff and try community activities
- Clean out and prepare the old home for sale or move-out
- Review stored items with the family and decide next steps