

# Tips to Make Your Move a Gentle Transition

*"I want to move. I need to move. But with so many arrangements to be made, people to contact, and belongings to deal with, WHERE DO I BEGIN?"*

This is the sentiment expressed by many older adults exploring a new housing option. After 15 years of experience moving thousands of seniors, Gentle Transition shares the following general move guide and some tips that can make the process smoother and help you to arrive at your new residence, rested and ready to begin your new lifestyle.

## On the Front End

- Select a new residence.
- If renting, provide required notice in writing.
- If you are a homeowner, select a realtor and begin to prepare your home for sale.
- Put your house on the market.
- Set a closing date to work for your interest.

## Planning, Planning, Planning

- Finalize a moving date.
- Decide whether you are going to use a moving service to coordinate all aspects of your move or a moving company only. Call for free estimates. Be sure to inquire about their years of service, insurance, and bonding.
- Confirm the date and move-in criteria with your new residence (e.g., use of an elevator and a garage).

## Your Floor Plan is Your GUIDE

- Get a floor plan from your new community.

- Also, measure the space yourself. Inches can make a difference on move day. Snags can cost you \$\$\$.
- Create a layout of the belongings you plan to bring to see what will realistically fit.

## Sorting

- Assess your new lifestyle. Will you be eating your meals in your own kitchen, entertaining, providing your own maintenance, or using housekeeping services?
- Break sorting down into manageable tasks (e.g., room by room).
- Try to select furniture that might serve a dual function.
- Use colored stickers to identify what goes and stays. This allows you to see progress, room completion, AND helps the movers on moving day.
- Make all your decisions BEFORE the movers arrive.

## Dispose of Unwanted Items

Do your research ahead. Options include: Estate sales, consignment, donations, shipping posses-



## Tips for Moving (continued)

sions to loved ones, libraries, charitable organizations, recycling, or the beloved dumpster and the county dump.

## Packing

- Separate packing from decision-making. If you are not using a service, recruit friends and family to help the process go quickly.
- Do your packing in advance of moving day.
- Get quality supplies (which will make your job much easier) in advance (boxes, packing paper, bubble wrap, packing tape, labels, etc.). Label EVERYTHING in detail on TOP AND FRONT of the boxes.

## Unpacking

- See if you can have the same crew who packed you up,



unpack those same areas. They'll remember how you liked your things set up.

- Plan ahead how you will discard all your boxes, packing paper, and miscellaneous trash. Not all community dumpsters will accommodate discarded packing material.
- Assign someone all the details (i.e., picture hanging, bed making, computer set up, putting clothes away, bulbs in lamps, setting clocks, etc.).

## It's All in the Details

- Make utility changes – use your checkbook as a guide as to who needs to be contacted.
- Keep telephones functioning in both of your residences on the day of the move.
- Address changes – A checkbook is a good place to make a list of those who need to be notified of your address change.
- Mail – Complete mail forwarding packet from post office 7-10 days prior to move.
- Pack an overnight bag.
- Keep necessary toiletries, night clothing, clothes for moving day, coat, food for the morning, and night-light separate so they don't get packed by mistake.

## It's Moving Day!

- Start the day – brew a strong cup of coffee, take a deep breath, and GO!

- Carry jewelry, phone and address book, checkbook, information on your new residence, keys, documents, prescription medication and the TV REMOTE CONTROL with you on moving day.
- Carry resources (e.g., cash, check, travelers checks) to cover the cost of necessary expenses, moving services, etc.
- Make sure you've made accommodations to transport pets, plants, and yourself.
- Leave old keys and garage door opener for the new occupant.
- Double-check all closets, drawers, and shelves to assure that nothing is left behind.

Except perhaps for a few last-minute details, your moved is now completed. Order your first supper in, sit back, relax, and enjoy your new home.

*Gentle Transitions provides hands-on expertise to seniors and their families with all aspects of the moving process. Over the past 15 years, they have moved thousands of seniors into more than 200 senior residences throughout the Twin Cities. Gentle Transitions is recognized nationally for their innovative senior service.*

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