



Moving With Seniors



Moving can be particularly challenging for seniors, but with careful planning and support, the transition can be made smoother.

1. **Start Early:** Begin the planning process well in advance to alleviate stress and allow for a smooth transition.
2. **Declutter:** Help seniors declutter their belongings by sorting through items and deciding what to keep, donate, sell, or discard. This process can help make the move more manageable and reduce unnecessary belongings.
3. **Downsize:** Consider downsizing to a smaller, more manageable living space that better suits the senior's needs and lifestyle.
4. **Seek Assistance:** Enlist the help of family members, friends, or professional organizers and movers to assist with packing, organizing, and moving belongings.
5. **Arrange Transportation:** Arrange transportation for the senior and their belongings to the new location, whether it's hiring a moving company or renting a moving truck.
6. **Coordinate Utilities:** Make arrangements to have utilities set up at the new residence before the move to ensure a smooth transition.
7. **Accessibility:** Choose a new residence that is accessible and accommodating for the senior's mobility needs, such as ground-level entry, wide doorways, and safety features like grab bars and handrails. A handyman can be hired to install these items if they do not already exist in your home.
8. **Pack Essentials:** Pack a suitcase or box with essential items such as medications, important documents, toiletries, a change of clothes, and any other necessities that the senior may need immediately upon arrival at the new home.
9. **Emotional Support:** Offer emotional support and reassurance throughout the moving process, as it can be a significant life change for seniors. Encourage them to share their feelings and concerns, and provide comfort and encouragement as needed.
10. **Settling In:** Help seniors settle into their new home by unpacking essentials first, arranging furniture and belongings familiarly, and gradually exploring the new surroundings together.
11. **Take Care of Yourself:** Moving can be emotionally and physically draining, so be sure to take care of yourself throughout the process. Get plenty of rest, stay hydrated, and take breaks when needed. Make sure you always have a chair available to you to sit in and rest.
12. **Embrace the Change:** Moving can be a fresh start and an opportunity to embrace new experiences. Help your senior to approach the transition with a positive mindset, and focus on the exciting opportunities that lie ahead in your new home. If you can use your move to pare down and simplify, then that will make your moving experience all the sweeter.