

Moving Your Parent: A Checklist

Two Months before Move

- Sort through belongings to reduce what will be moved
 - Sell or donate items no longer needed
 - Get three estimates for move; reserve the movers
 - Packing supplies: boxes, tape, markers, scissors and packing material
 - Have legal, medical, financial and insurance records accessible
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One Month before Move

- Pack items not being used: decorations, seasonal clothing, etc.
 - Make arrangements for pets
 - Cancel insurance policies that no longer apply
 - Change of address to Post Office
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Two Weeks before Move

- Notify Utility companies of the move
 - Sign up for services at the new location: cable and/or phone
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One Week before Move

- Pack a survival kit of clothes, medicines, special foods to carry through the day after the move
- Finish packing; leave aside items needed in the final week
- Notify magazine, friends, banks, newspaper, service providers bills of new address and phone number

Day before Move

- Prepare parent for move: clothes and outerwear for move day
- Have a supply of packing materials
- Mark all boxes with room they should go to in new home

Moving Day

- Information to have: phone and cable numbers, movers' number
- Home sale and agent details
- Payment for movers
- At new location walk movers through home and identify the rooms as marked on boxes and where furniture is to be placed
- Have parent stay with sibling or friend during the move day
- Valuable items should remain in a secure place
- Save all moving receipts for possible tax deduction

Parent Move in Day

- Arrive with your parent before a meal
- Tour the new home with parent
- Give parent phone and television directions

Within the First Week of New Home

- Take your parent on a drive around the new home so as to orient to the neighborhood
- Confirm with parent that the new home is set up safely as well as comfortable
- Be open to calls from parent as the adjustment is taking place
- Commit to regular phone calls and visits with your parent so there is a routine to look forward to
- Know the staff and speak to them every visit

