

Preparing Your Parent for a Move to Senior Living

Use this checklist to keep track of all the details leading up to your parent's move.

Prepare for the Move

- Secure real estate professional to list parent's home
- Get senior living apartment floor plan to determine which furnishings will fit
- Help parent downsize other belongings
- Make arrangements for items not going to new home (storage, estate sale, charity donations, etc.)
- Schedule moving services or rental trucks
- Refill prescriptions to ensure a month's supply upon moving
- Secure important documents (will, passport, Social Security card, etc.)
- Accompany parent to senior living community for dinner and/or events to help acquaint them

Notify Others of New Address

- Post office (change of address form)
- Health insurance providers
- Social Security and Medicare
- Healthcare providers (have medical records and prescriptions transferred if necessary)
- Financial institutions
- Driver's license (if applicable)
- Family and friends
- Periodical subscriptions (newspapers and magazines)

Packing

- Confirm what appliances/furnishings the senior living community provides to avoid packing unnecessary items
- Color-code or label moving boxes
- Take photos of any electronics with cable connections for easier hookup at new home
- Pack all medications in a separate box

Moving Day

- Assist with moving any delicate or valuable items and essential medications
- Confirm parent has phone list of family, friends, healthcare providers, etc.
- Consider family photos or other personalized housewarming gift(s)
- Make introductions to key staff members and other residents