Making the Move to Senior Housing

- Make a detailed plan and assign responsibilities.
- Determine if the current house should be sold before or after the move.
- Measure floor space and clearances in the new apartment.
- Determine furnishing options.
- Decide what to take.
- Make plans for dealing with belongings that won’t be moved (store, sell, donate, dispose, or distribute to friends and family).
- Pack in stages. Think ‘small manageable tasks.’
- Hire a moving company.
- Contact the facility’s management to coordinate moving-day plans.
- Learn about programs for new residents and strategies for successful transitions.
- Identify health care providers and make initial appointments.
- Send moving announcements to friends and family. Invite them to visit.
- Prepare the house for sale.
- Identify one person to be in charge on moving day.
- Unpack belongings as soon as possible. Make the new home familiar.
- Stay in touch with management. Ask for tips to ease the transition.
- Get to know resident care staff.