



Chapter 5:

Senior Moving Checklist

(6 Months to Moving Day)

Rightsizing for seniors doesn't always look the same for everyone, but this checklist provides a starting point to help you consider key areas you'll want to manage if you're moving to a new home.

6 Months Out

Decision and Research

- If you're selling your home, contact a real estate agent.
- Finalize the location/community decision.
- Measure the new floor plan and ensure furniture will fit.
- Request quotes from movers or talk to loved ones about helping.
- Begin decluttering.



3 Months Out

Logistics and Professionals

- Book the moving company.
- Coordinate utility shut-off and transfer dates.

1 Month Out

Packing and Administration

- Change your mailing address and start mail forwarding.
- Notify banks, subscriptions, and medical providers of the address change.
- Pack non-essentials (e.g., books, décor, out-of-season items).
- Pack an "essentials box" for moving day.

Moving Week

Final Walkthrough

- Deep clean the home.
- Empty and defrost the refrigerator and freezer.
- Prepare a "first night bag" with toiletries, bedding, and a change of clothes.