



Assisted Living Moving Checklist for Seniors



Start planning 10-12 weeks before your move date

10-12 Weeks Before Moving

- ☐ **Tour and select your assisted living facility**
 - ☐ **Get exact measurements of your new space (usually 400-600 sq ft)**
 - ☐ **Measure your current furniture - especially beds, chairs, dressers**
 - ☐ **Ask facility about their policies:**
 - Medication storage rules
 - Medical equipment allowed
 - Bedding sizes provided
 - What items they supply
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8-10 Weeks Before Moving

- ☐ **Start major decluttering - you'll need to downsize significantly**
 - ☐ **Take photos of items you can't bring but want to remember**
 - ☐ **Notify doctors, dentist, and current pharmacy**
 - ☐ **Research medical facilities near your new home**
 - ☐ **Start using up frozen and perishable foods**
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6-8 Weeks Before Moving

- ☐ **Book your moving company (tell them it's assisted living)**
 - ☐ **Submit change of address form with postal service**
 - ☐ **Notify Social Security, Medicare, and insurance companies**
 - ☐ **Contact utility companies to cancel services**
 - ☐ **Arrange for furniture donations/sales**
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4-6 Weeks Before Moving

- ☐ **Pack your "First Day Box" with must-haves:**

- Favorite coffee mug
- Reading glasses
- Essential medications
- Phone charger
- Small comfort item (photo, blanket)

☐ **Pack your "Comfort Corner Box":**

- Favorite throw pillow
- Small lamp
- Something that smells like home
- Familiar hand cream or toiletries

☐ **Order moving supplies**

☐ **Start packing non-essential items**

2-4 Weeks Before Moving

☐ **Pack conversation starters for new neighbors:**

- Photo albums
- Interesting books
- Hobby supplies

☐ **Transfer prescriptions to pharmacy near facility**

☐ **Label everything with your FULL NAME (not just initials)**

☐ **Create simple floor plan showing where furniture goes**

☐ **Notify bank, credit cards, and investment firms**

1 Week Before Moving

☐ **Pack essential medications separately - keep with you**

☐ **Prepare important documents folder:**

- ID, insurance cards
- Medical records
- Emergency contacts
- Facility paperwork

☐ **Confirm moving day details with facility staff**

☐ **Pack as if going on a week-long trip**

Moving Day

☐ **Arrive early to meet facility staff**

☐ **Keep "First Day Box" and "Comfort Corner Box" with you**

☐ **Direct movers using your floor plan**

☐ **Do walkthrough with moving team**

☐ **Set up your comfort corner first**

First Week in Assisted Living

☐ **Unpack your comfort corner immediately**

☐ **Introduce yourself to staff and neighbors**

☐ **Attend facility orientation if available**

☐ **Learn meal times and facility routines**

☐ **Update voter registration**

☐ **Register with facility's preferred medical providers**

☐ **Join at least one facility activity**

Space Planning Tips

Measuring Your New Space:

- Most rooms are 12x15 feet or smaller
- Doorways are typically 32 inches wide
- Check ceiling height for tall furniture
- Ask about closet space dimensions

Furniture That Usually Fits:

- Twin or full bed (not queen/king)
- One comfortable chair
- Small dresser or chest

- TV stand (check size limits)
 - Small side table
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Special Assisted Living Reminders

- 💡 **Bring a small area rug** - makes the space feel like home
- 💡 **Pack familiar scents** - your usual soap, perfume, or candles
- 💡 **Bring pictures of family** - great conversation starters
- 💡 **Ask about borrowing items** - many facilities lend tools, books, games
- 💡 **Get to know the staff** - they become your extended family

Important Numbers to Program:

- Facility main number
 - Nursing station
 - Family emergency contacts
 - New doctor/pharmacy
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Remember: This move is about choosing what matters most and giving those treasures a new home. You're brave for taking this step! 💙

Need movers who understand assisted living? Visit LocalMovers.com