

Senior Move Checklist

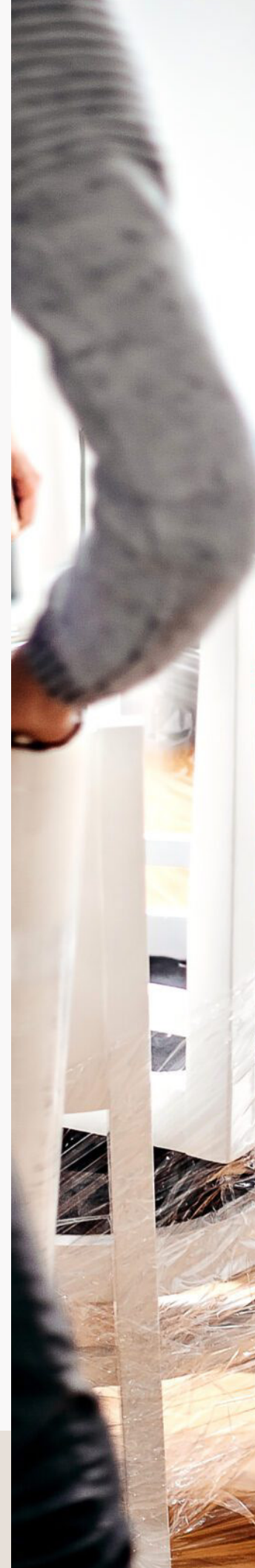
A Thoughtful Framework for a Calm, Dignified Transition

Moving later in life requires more than boxes and tape. It requires planning, communication, and strategy. This checklist is designed to reduce stress and protect family relationships.

Phase 1: The Conversation (8-12 Weeks Before the Move)

- Discuss whether the goal is downsizing, relocating, or aging in place
- Ask the senior what matters most in the next chapter
- Clarify non-negotiables
- Establish a realistic timeline
- Identify decision-makers and roles
- Measure the new space
- Request floor plans if applicable
- Schedule a consultation with a certified senior move management professional

Professional Tip: Ask more questions than you make statements. Curiosity creates cooperation.



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Phase 2: Planning & Space Strategy (6–8 Weeks Before)

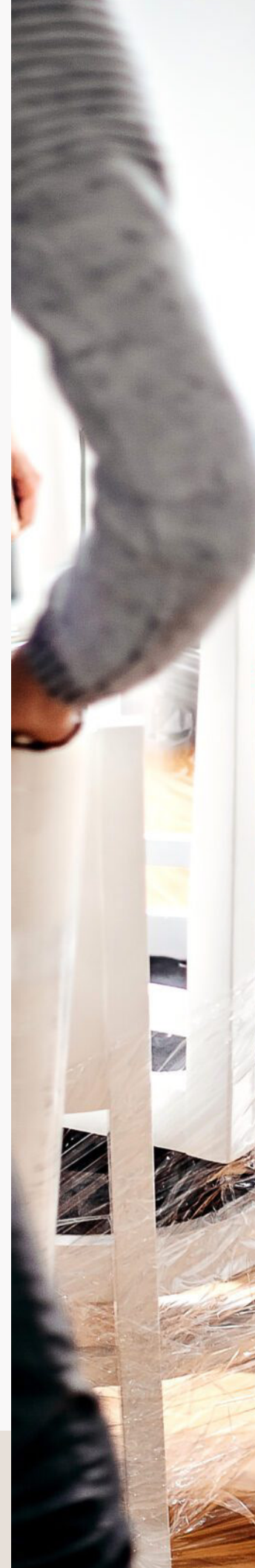
- Draft a preliminary floor plan for the new residence
- Identify which large furniture pieces will fit
- Determine what cannot move
- Begin sorting by category, not by room
- Locate and secure important documents
- Research donation, auction, estate sale, or consignment options
- Begin gathering packing supplies

Professional Tip: Avoid the temptation to “just pack everything.” Strategic planning saves time and money.

Phase 3: Strategic Downsizing & Packing (3–4 Weeks Before)

- Finalize furniture decisions
- Coordinate building requirements for both residences
- Confirm mover logistics and insurance certificates
- Begin strategic packing by category
- Clearly label boxes by room and priority
- Prepare a “First Week Essentials” box
- Set aside valuables and irreplaceable items

Professional Tip: Packing without a plan leads to hunting through boxes later.



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Phase 4: Moving Days

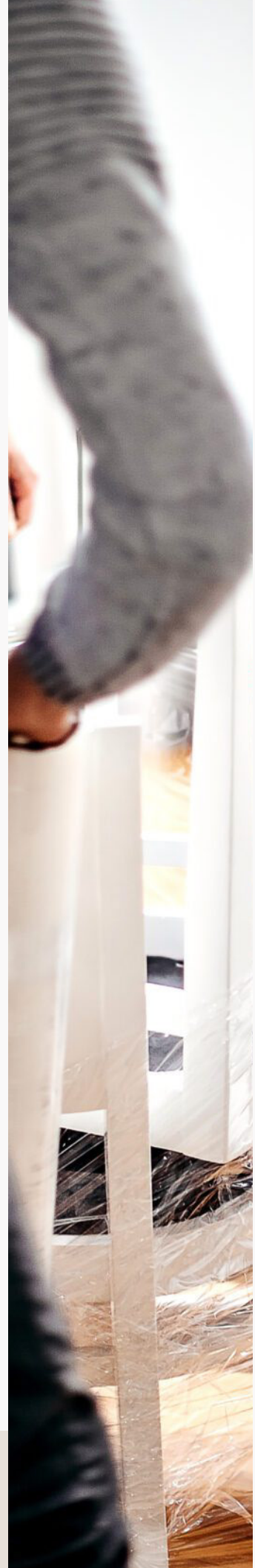
- Confirm elevator reservations and building access
- Supervise movers
- Ensure fragile and sentimental items are handled properly
- Direct furniture placement according to the floor plan
- Prioritize bedroom, bathroom, and kitchen setup

Professional Tip: The goal is not to empty boxes. The goal is to create functionality immediately.

Phase 5: Post-Move Stabilization

- Remove packing materials
- Hang artwork and mirrors
- Adjust closet and kitchen systems for ease of use
- Ensure medications, important papers, and daily items are easily accessible
- Schedule follow-up organization sessions if needed

Professional Tip: A smooth first week in the new home dramatically reduces stress and regret.





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Common Mistakes to Avoid

- Waiting until a crisis forces a rushed move
- Underestimating the time required
- Making decisions without listening to the senior
- Moving unopened boxes from previous moves
- Attempting to manage everything without professional guidance

When to Call a Senior Move Management Professional

Consider professional support if:

- Family dynamics are tense
- The timeline is tight
- Adult children live out of state
- The home has decades of accumulation
- You want a turnkey, white-glove transition

About Organize Me Inc.

Organize Me Inc. is a concierge-style team specializing in senior move management, downsizing, estate clearance, and lifestyle transitions. Our certified team helps families reduce stress while protecting dignity and autonomy.

To schedule a conversation visit our website at organizeme-inc.com.

