sortside

Senior move checklist



Plan what to take, who can help and what you'll need on the first day.

Moving to _____ **Move date** _____

Plan the move

- [ ] Confirm the move date and ask the new home about access and delivery times.
- [ ] Measure the rooms and doorways. Plan where key furniture will go.

Decide what goes and who can help

- [ ] Ask the person moving what they want to take and which familiar items they want close by.
- [ ] Decide together what to give away, donate or store. Set undecided items aside for review.
- [ ] Assign someone to confirm packing, movers, keys and updates to family.

Pack, move and follow up

- [ ] Make a first-day bag with essentials, chargers, keys and important documents.
- [ ] Label boxes with their destination room and mark which ones to open first.
- [ ] Schedule a follow-up to check what's working and finish any remaining tasks.

Notes and people to contact