

Making the Move: How to Stay Organized and Reduce Stress

Coordinating the move, the home, and everything in between

WHY THIS STEP FEELS CHAOTIC

The move is where everything comes together:

- The timeline
- The home
- The logistics
- The emotions

Without a plan, this is where most families feel overwhelmed.



**Break the move into phases
—not one big event**

**Most stress comes from
trying to do all three at once.**

What's Inside

- How to break the move into **three phases**
- **What to say and do** at every emotional stage before, during, and after the moving.
- **What's normal** after the move — and what's a warning sign
- The complete **essentials checklists** for the new community
- A room-by-room **downsizing guide**
- **Two moving checklists** based on timeline

3 Simple Phases:

1. Plan the Move

- Timeline
- Who is helping
- What happens first

2. Prepare & Pack

- Downsizing decisions
- Organizing belongings
- Getting essentials ready

3. Execute the Move

- Moving day logistics
- Transition to the new space
- Handling the home

CHOOSING YOUR TIMELINE

Fast Move (30 Days or Less)

Best when:

- Urgent situation
- Health or safety concern

👉 Focus:

- Essentials only
- Quick decisions
- Move first, organize later

Planned Move (6–8 Weeks)

Best when:

- Time allows
- More coordination needed

👉 Focus:

- Structured downsizing
- Preparing the home
- Smoother transition

Not every move happens the same way

- Use these guides as tools
- Use in total or in part
- Mix and Match to serve your purpose

COMMON MISTAKES TO AVOID

- Trying to move everything at once
- Waiting too long to start packing
- Not prioritizing essentials
- Overcomplicating decisions
- Not having proper paperwork/authority



“Even a few hours of progress can make a big difference”

Simple and Focused beats perfect every time

WHAT TO FOCUS ON FIRST

If you're not sure where to start:

1. Confirm move date
2. Identify essentials for the new space
3. Begin packing non-essential items
4. Use your checklists to stay organized



Progress—even small progress—reduces stress quickly.

The goal IS NOT a perfect move.

THE GOAL IS A SAFE, SMOOTH TRANSITION.

Everything else can be handled after.

Download all seven guides free at SeniorMoveRoadmap.com

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SeniorMoveRoadmap.com/newsletter



Tools to Move you Forward

This is one part of The Senior Move Roadmap

A 7 Step System to help families move a parent out of the home and into the right next stage—without delays, confusion, or costly mistakes.

Making the Move is one step in a larger plan to help families move a parent safely and smoothly. It's normal to go back and forth between the steps.

Decide – Recognize it's time to act

Plan – Create a timeline and approach

Choose Care – Find the right living option

Understand Costs – Know how it will be funded

Prepare the Home – Downsize and get organized

Move – Coordinate the transition

This guide will help you take the next step—
Making the Move without feeling overwhelmed



Is it Time?



Have the Conversation



Make the Plan



Understand the Costs



Choose the Right Place



Prepare the Home



Make the Move

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How to Use This Guide

This guide does two things most moving guides don't.

First, it acknowledges that this isn't a normal move. Your parent isn't changing apartments. They are leaving a home that may have held decades of their life — and yours. The emotions that come with that deserve real attention before a single box is packed.

Second, it gives you a practical path through the logistics — broken into three phases so you're never trying to do everything at once.

Here's what's inside:

The Emotional Side - Pages 5 - 9

What your parent will feel:

- Before the move,
- On moving day,
- In the weeks that follow.
- What's normal. What's a warning sign.
- What to say when you don't know what to say.

The Three Phases - Pages 10 -14

A phase-by-phase breakdown of how to plan, prepare, and execute the move — including what happens to the house.

Your Tools - Pages 16+ *(This may be in a separate packet)*

The checklists, timelines, and inventories that go with each phase.

Use what fits your situation. Skip what doesn't.

Is your timeline 30 days or less?

You may be in a crisis or urgent situation. A companion guide — *The Crisis Path: When You Can't Follow the Steps in Order* — is built specifically for that scenario and available at SeniorMoveRoadmap.com. The tools in this guide still apply. Start with the 30-Day Checklist and the Senior Living Essentials List, then come back to the rest when you have a moment to breathe.

**The Goal is not a Perfect Move.
The Goal is a SAFE, SMOOTH
transition
— for your parent and for you**

Supporting Your Parent

Supporting Your Parent Through the Move and Transition

Before the first box is packed, it's worth understanding what the weeks ahead will feel like — because this is not a normal move, and it won't feel like one.

Most families expect moving day to be the hardest part. What catches them off guard is what comes after. The settling-in period — the first four to eight weeks in the new community — is often the most emotionally intense stretch of the entire transition. Knowing that now means you won't be blindsided by it later.

Your parent is navigating something profound. Even when the decision was right, leaving a home that held decades of their life brings grief, anxiety, disorientation, and sometimes relief — often all at once. Those emotions don't follow a schedule and they don't always make sense. That's normal.

And so is what you may be feeling. This is your loss too — the home where you grew up, a version of your parent you've known your whole life, a chapter of the family story that is closing. Grief doesn't make you less capable of helping. It makes you human.

The next four pages walk you through each stage:

Before the Move: what your parent feels as moving day approaches, and what helps

On Moving Day: How to keep the day calm when emotions run high

Settling In: what the adjustment period looks like and how to support it

What's Normal/When to Be Concerned — signs that the adjustment is going well, and signs it may be time to call for help



Each page offers insight into what your parent may be feeling, why those emotions are so strong, and specific things you can say and do to provide comfort and stability.

Nothing in these pages replaces medical advice. Every senior's situation is different, and the guidance here is meant to support you — not substitute for the professionals who know your parent's health history. **When in doubt, call the doctor.**

To Start the Move

Emotions Before the Move

Your parent may feel surprisingly emotional as moving day approaches, even if they've accepted the decision. Common feelings include:

- Deep sadness and grief about leaving their longtime home
- Anxiety and fear about the unknown
- Overwhelm from the chaos of packing and saying goodbye
- Guilt about “disrupting” the family or burdening their children

You may be grieving too. This home holds your memories as well — the kitchen where your parent cooked for you, the backyard where your kids played, the room that was always yours when you came home for the holidays. It's okay to feel this loss alongside your parent. That grief doesn't make you less capable of supporting them. It makes you human.

Why these emotions are so strong

After decades of living in the same home, the move represents a major life ending. Even when they know it's the right choice for their safety and well-being, saying goodbye to familiar surroundings, routines, and memories can feel like losing a part of themselves.

Helpful Things You Can Say*

- “It's completely okay to feel sad. This is a big change, and grieving is normal.”
- “You've made so many beautiful memories here. No one expects you to feel excited right now.”
- “I'm going to miss this house too, but I'm so grateful we're doing this together.”
- “We're not erasing the past — we're carrying the best parts of it with us.”

What You Can Do

- Acknowledge their feelings without trying to “fix” them
- Schedule quiet time for goodbyes (last walk through the house, final photos, etc.)
- Keep communication open and check in on how they're really feeling
- Reassure them frequently that you're in this together

*These prompts show the thought — not the exact words.
Read them to understand what your parent needs to hear, then say it in your own voice.

During the Move

Handling Emotions During the Move

Moving day itself can be physically exhausting and emotionally overwhelming. Your parent may swing between sadness, irritability, numbness, or even moments of panic.

Why these emotions surface

The combination of physical disruption, loss of control, and the finality of leaving home can trigger strong emotional responses. What looks like “resistance” is often just grief and anxiety showing up under stress.

Helpful Things You Can Say*

- “This day is a lot — it’s okay if you’re feeling overwhelmed. I’m right here with you.”
- “You don’t have to have it all together today. We’ll get through this one step at a time.”
- “It’s normal to feel sad today. You’ve lived here for so long — this is a big goodbye.”
- “I love you, and I’m so proud of how strong you’re being through all of this.”

What You Can Do

- Keep the day as calm and structured as possible
- Give them small choices to maintain some sense of control (e.g., “Which box should we load first?”)
- Take breaks when emotions run high
- Have a support person available whose only job is to stay with your parent. Such as a Senior Move Manager. Find one at nasmm.org.
- Avoid rushing them — allow time to process

*These prompts show the thought — not the exact words.
Read them to understand what your parent needs to hear, then say it in your own voice.

Helping Them to Settle In

Settling Into Their New Home

The first few weeks after the move are often harder than moving day itself. Many seniors experience a period of adjustment that can include homesickness, confusion, and emotional ups and downs.

What to Expect

- The first 1–2 weeks may feel disorienting as they adjust to new routines and surroundings
- They might sleep poorly, have less appetite, or withdraw socially at first
- It's common for them to idealize their old home and focus on what's "different" or "missing"
- Most people start feeling more settled between 4 to 8 weeks, though it can take longer

Helpful Things You Can Say*

- "It's normal to miss your old house right now. It doesn't mean we made the wrong choice."
- "Give yourself time. New places don't feel like home overnight — but they can grow to feel that way."
- "I know this is a big adjustment. I'm here whenever you want to talk about how you're feeling."
- "Look how far you've already come. You're doing better than you think."

What You Can Do

- Visit frequently during the first few weeks (even short visits help)
- Bring familiar items from home and help them personalize their new space
- Encourage them to join one or two low-pressure activities when they're ready
- Keep routines as consistent as possible (mealtimes, bedtime, phone calls)
- Communicate regularly with the community staff about how your parent is adjusting
- **Be patient — healing and settling in take time**

*These prompts show the thought — not the exact words.

Read them to understand what your parent needs to hear, then say it in your own voice.

Helping Them to Settle In (Cont.)

What's Normal — and When to Be Concerned

What's Normal:

- Mild sleep disruption in the first one to two weeks.
- Reduced appetite in the first few days.
- Homesickness and idealizing the previous home.
- Irritability or emotional swings, especially early on.
- Grief that surfaces unexpectedly.

Most residents find a rhythm between four and eight weeks — engagement in activities is usually the first positive sign.

Secondary Losses: The weeks after the move often bring secondary losses that catch families off guard — the loss of driving, the loss of cooking one's own meals, the loss of a neighborhood routine, the loss of a role that gave the day purpose.

These losses compound. It's not just the house they're grieving.

When to Involve a Professional:

- Significant unintentional weight loss over two to three weeks.
- Refusal to eat or drink for more than 24 to 48 hours.
- Acute or rapidly worsening confusion.
- Repeated falls.
- Complete social withdrawal that does not improve after four to six weeks.
- Any expression of wishing to harm oneself.

If you observe any of these, contact the primary care physician and notify the community's Director of Resident Services or social worker.

A Note on Memory Care: For residents with cognitive impairment, the adjustment period may look different. Increased agitation, nighttime confusion, or behavioral changes in the first several weeks are not uncommon.

Work closely with the memory care team rather than drawing on general adjustment timelines — their guidance is specific to your parent's situation.

Who to Contact at the Community: Ask on move-in day for the name and direct contact of the Director of Resident Services, Social Worker, or Wellness Director.

This is the person to call — not the front desk — when you have concerns about your parent's adjustment.

Give yourself grace too. The weeks after the move can be hard on the whole family.

The guilt, the second-guessing, and the grief don't disappear once the boxes are unpacked. What you did took courage. Keep showing up."

Plan the Move

Get the right people, the right timeline, and the right starting point

The most common mistake families make at this stage is trying to figure everything out at once. The planning phase has one job: decide what needs to happen, who is handling it, and what comes first. Everything else follows from that.

Your Timeline

Two timelines exist for a reason — because not every move happens the same way.

If you have six to eight weeks, use the 8-Week Moving Timeline in your toolkit. It breaks the planning into weekly tasks so nothing piles up at the end.

If you have 30 days or less, use the 30-Day Checklist. It strips the process down to what matters most when time is short.

Both are in your toolkit starting on page 14. Pick the one that matches your reality.

Who Is Helping

Write it down before moving day. Vague agreements become dropped balls under pressure. For each role, name a person:

- Who is coordinating the overall move
- Who is responsible for packing
- Who stays with your parent on moving day — this person's only job is your parent, not boxes
- Who is handling the home after the move

If your family needs professional support, a Senior Move Manager can coordinate some or all of this. They specialize in senior transitions specifically. Find one at nasmm.org.

What Happens First

Three things before anything else:

1. Confirm the move-in date and room assignment with the community's admissions coordinator
2. Get the room dimensions — know what fits before anything is packed or purchased
3. Gather the legal documents — Financial Power of Attorney, Healthcare Proxy, advance directive. The community will need them. Don't let moving day be the first time you look for them.

Not sure which timeline fits your situation? If a health event, hospitalization, or safety concern is driving this move, download The Crisis Path at SeniorMoveRoadmap.com before building your plan.

Prepare and Pack

Decisions first, boxes second

The packing phase feels overwhelming because it asks families to make dozens of small decisions under emotional pressure. The way through it is to separate the decisions from the doing. Decide what's going, what's staying, and what's going elsewhere — then pack.

The Downsizing Checklist by Room and the Senior Living Essentials List are both in your toolkit starting on page 14. Use them together — one for what leaves the house, one for what arrives at the community.

Downsizing Decisions

This is the hardest part of the entire phase — not physically, but emotionally. Your parent is not just sorting belongings. They are making peace with what they can take into the next chapter and what gets left behind. Give this process the time and dignity it deserves.

A few things that help:

- Start with the easy rooms, not the sentimental ones. Build momentum before tackling the bedroom or the living room full of family photos.
- Use the Downsizing Checklist by Room in your toolkit. It takes the decision-making off your shoulders by giving you a clear keep vs. donate/discard framework for every room in the house.
- Don't rush your parent through a room they need more time in. A slower downsizing process almost always produces better decisions — and less regret.

Organizing Belongings

Once decisions are made, three categories:

- Going to the community — use the Senior Living Essentials List on page 15 of your toolkit to make sure nothing critical is missed
- Staying in the family — assign specific family members to specific items now, before moving day creates conflict
- Leaving the home — donate, sell, or arrange for estate sale or junk removal services

Get the room dimensions from the community before moving day. Furniture that doesn't fit creates chaos on arrival.

Getting Essentials Ready

Pack a first-night bag that travels with your parent — not on the moving truck. It should include:

- All current medications, clearly labeled
- Toiletries and a change of clothes
- A comfort item from home — a familiar blanket, a framed photo, something that makes the new room feel like theirs from the first night

The community's admissions coordinator can tell you what will already be in the room on arrival. Ask before you pack.

Execute the Move

Moving day, the transition, and what comes next

Everything in the first two phases was preparation for this one. The planning is done. The decisions are made. Now the job is to execute the move in a way that keeps your parent safe, calm, and supported — and to handle what comes after with equal care.

For move day emotions — what your parent may feel and what to say — return to pages 6 through 9. The logistics and the emotional side of this day work best when you've prepared for both

Moving Day Logistics

A few things that make the difference between a chaotic day and a manageable one:

- Confirm all logistics with your movers or helpers the day before — not the morning of
- Designate one person whose only job on moving day is to stay with your parent. Not packing. Not directing movers. Just your parent.
- Pack a cooler with drinks, snacks, and medications. Moving days run long.
- Have a "do not load" area — a designated spot for items that travel with your parent rather than on the truck. Label it clearly.
- Build in breaks. This day is physically and emotionally exhausting for everyone, especially your parent.

*On arrival at the community, let the move-in team lead. Most communities have a process. **Work with it rather than around it.***

Transition to the New Space

The first few hours in the new room matter more than most families expect. A few things worth doing before you leave that first day:

- Make the bed with familiar linens from home
- Put a few framed photos where your parent can see them
- Set up medications and toiletries in the bathroom
- Identify the call button, the bathroom, and the dining room together before you go

Leave the room feeling like theirs — not like a hotel. That first night is the hardest. Familiar objects help.

Plan to visit within the first 48 hours. A short visit is enough. The presence matters more than the length.

Handling the Home

Once your parent is settled, the family home becomes the next conversation. For many families it is the most consequential decision of the entire transition — financially and emotionally. It deserves its own page. Continue to page 13 →

Handling the House (Part 1)

Before the financial conversation, have the emotional one"

For many families, the house is the last major decision of the transition and the one most likely to be rushed, oversimplified, or handled without enough information. It is also often the primary source of funding for years of care ahead.

It deserves more than a quick call to the first agent who answers.

But before the financial conversation, acknowledge the emotional one. This may be the home where your parent raised children, built a life, and marked the passage of decades. It may be the home where you grew up, where your own memories live in the walls and the backyard and the kitchen. Selling it is a loss. For your parent and often for you.

That deserves to be named before it's handled.



Have the Family Conversation First

If there are multiple siblings or family members involved, have the conversation about the home before anyone calls an agent. Disagreements about the family home — what it's worth, what to do with it, who decides — are among the most common sources of family conflict during a senior transition. Getting aligned early prevents those conversations from happening at the worst possible moment.

A few questions worth raising together:

- Does everyone agree on the general direction: sell, hold, or explore options?
- Are there any family members who have strong feelings about the home that haven't been expressed yet?
- Who has the authority to make the final decision — and does everyone understand and accept that?

Before You Decide Anything

Three questions worth answering before any conversation with an agent or financial advisor:

- Does your parent have the legal capacity to participate in the sale, or does the Financial Power of Attorney need to be in place first? This question matters more than most families realize — and it needs an answer before anything moves forward.
- What is the approximate timeline for care costs, and how does the home factor into funding them? If Medicaid may be involved at any point, consult an elder law attorney before the home is sold or transferred. Timing matters legally.
- Is there any unresolved family disagreement about the home? Resolve it before you list it.

Handling the House (Part 2)

The timing, the options, and finding the right help

The Timing Question

There is no universal right answer on when to sell. Some families sell before the move to fund the transition. Some sell after, once the dust has settled. Some hold the property while they assess care costs and family circumstances. What most families don't have is a clear picture of all their options before they decide — and that's where the decision goes wrong.



The Options Most Families Don't Know Exist

Most families assume the choice is between a traditional listing and a cash sale. Those are the two most visible options — but they are not the only ones. In between are structures most families never consider and most agents never offer. Depending on the family's situation, options can include coordinated bridge arrangements that fund the move before the home sells, leaseback arrangements that allow a senior to remain in the home temporarily after the sale closes, and seller financing structures that create income rather than a lump sum or may even pay out just like a “normal” sale would.

None of these options are right for every family. But families who don't know they exist can't choose them.

What Happens to What's Left in the Home

The contents of the home are a separate decision from the home itself — and one that often gets less attention than it deserves. An estate sale, a buyout service, or a combination of donation and family distribution are all options. A Senior Move Manager can often help coordinate this process alongside the physical move. Whatever the approach, make the plan before the home goes on the market — not after. Certain buyers can even help with moving, storage, sorting and packing help, while other allow you to take what matters and leave the rest.

Finding the Right Help

The right agent for this moment is not simply someone who sells houses. It is someone who understands the care timeline, the cost pressures, and the emotional weight of selling a home a family has lived in for decades. Ask specifically about experience with senior transitions and/or can provide multiple solutions before you commit to working with anyone.

Handling the House

You don't have to figure this out alone

The home has held this family for years — maybe decades. What happens to it next is one of the most significant decisions you'll make during this transition. Not just financially. Emotionally.

You've already done the hard part. You recognized it was time. You made the plan. You supported your parent through the move. The house is the last chapter of this process — and it deserves the same care and intention you've brought to everything else.

Get the right help. Ask the right questions. And don't rush it.



A Senior Real Estate Specialist with experience in senior transitions brings a different perspective than a traditional listing agent. Ask about experience with senior transition timelines, creative sale structures, and coordinating the sale around a care funding timeline — not just a closing date.

If you need help finding someone who can handle it the right way — not just quickly — reach out at

SeniorMoveRoadmap.com/for-help

We'll connect you

The house is where the emotional and the practical meet. Give it the attention it deserves — and don't make the decision alone.

Your Move Toolkit

Your Move Toolkit

You don't have to keep everything in your head or figure this out as you go. These tools are designed to give you structure, keep you organized, and help you focus on the right things at the right time—whether your move is happening quickly or over several weeks.

Use the tool that matches your timeline and situation.



Senior Living Essentials List

What to bring to the community. Organized by category. Customize it based on what the community allows



2 - 30-Day Moving Checklists

Best for: Fast, urgent moves

- Focuses on essentials
- Keeps you on track when time is limited



8-Week Moving Timeline

Best for: More planned transitions

- Step-by-step weekly breakdown
- Helps reduce last-minute stress



Room-by-Room Inventory Checklist

Best for: Staying organized

- Track what's moving
- Avoid confusion
- Simplify packing



Decluttering Checklist

Best for: Reducing overwhelm

- Helps decide what stays vs goes
- Keeps the process moving



Senior Living Essentials List

Use this checklist to help prepare for the transition to senior living. Customize it to fit your unique situation, preferences, and community.

****Once the community is selected, ask the admissions coordinator for their specific list of allowed items — policies vary.**

Personal Clothing & Accessories

- Comfortable everyday clothes (pants, shirts, sweaters)
- Sleepwear and robe
- Undergarments and socks
- Non-slip shoes and slippers
- Seasonal outerwear (coat, hat, gloves)
- Special occasion outfit
- Favorite blanket or shawl
- Lightweight sweaters or cardigans for layering
- Extra pairs of prescription glasses (backup set)
- Jewelry for daily wear (costume, not valuables)
- Belts or suspenders if needed for comfort

Personal Care Items

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Deodorant
- Razor and shaving cream
- Hairbrush or comb
- Skincare products
- Makeup (if used)
- Eyeglasses and case
- Hearing aids and batteries
- Denture care supplies (cleaner, adhesive, storage cup)
- Incontinence products (pads, briefs)
- Nail care kit (clippers, file)
- Lip balm and lotion for dry skin

Household & Comfort Items

- Bedspread or comforter from home
- Pillow(s) & Extra Blankets
- Towels and washcloths
- Favorite small furniture piece
- Favorite Framed Photos

Medications & Health Supplies

- All current prescriptions (clearly labeled)
- Over-the-counter medications (permitted by the community)
- Medical equipment (walker, cane, wheelchair)
- Blood pressure monitor (if needed)
- Extra hearing aid batteries
- List of all medications with dosages
- Pill organizer or dispenser
- Oxygen equipment
- CPAP machine (if applicable)
- Copies of prescriptions in case of pharmacy transfers
- Thermometer

Legal & Medical Documents

- Copy of Financial Power of Attorney
- Copy of Healthcare Proxy
- Advance directive / DNR order, if applicable
- Medicare and/or Medicaid card
- Supplemental insurance card
- List of all physicians with phone numbers /
- Emergency contact list

Important: Most senior living communities do not insure residents' personal belongings. Before the move, check with your homeowner's or renter's insurance policy to understand coverage during the transition. Consider leaving high-value jewelry and irreplaceable items with a trusted family member.

30-Day Senior-Specific Moving Checklist

A senior-specific timeline for when the move needs to happen now

When time is short, clarity matters most. This checklist is built specifically for senior transitions — not general moving advice, but the tasks that actually matter when a parent is moving to a senior living community within 30 days.

This is a summary list designed for quick reference. The following page contains a day-by-day detailed checklist with additional steps that may or may not apply to your specific situation. Use both together — this page to see the full picture at a glance, the next page when you need more detail on a specific task.

Not every item will apply to every family. Use what fits. Skip what doesn't.

Summary 30-Day Checklist

- Days 1–3: Confirm move-in date with community / Confirm room assignment and get room dimensions / Review community's move-in policy and allowed items list / Notify primary care physician of upcoming move and request records transfer
- Days 4–7: Complete community admission paperwork / Gather legal documents (POA, healthcare proxy, advance directive) / Contact Medicare, Social Security, and VA (if applicable) with new address
- Days 8–11: Coordinate medication transfer to community pharmacy (or confirm family will manage) / Arrange transportation for moving day / Begin packing essentials using the Assisted Living Essentials List
- Days 12–16: Forward mail / Notify bank and financial institutions of address change / Arrange a family member or Senior Move Manager to be the senior's designated support person on moving day
- Days 17–21: Bring familiar items to the room in advance if the community allows early setup / Confirm moving day logistics with all family members helping
- Days 22–26: Complete packing of essentials / Confirm medication supply is sufficient through the transition period / Prepare first-night bag: medications, comfort items, toiletries
- Days 27–29: Confirm all logistics / Rest / Prepare emotionally — review pages 5–6 of this guide
- Day 30 — Moving Day: Essentials bag travels with the senior, not the moving truck / Designate one family member whose only job is to stay with your parent / Let the community's move-in team lead the setup

Days 31 and Beyond

The move is complete — but the transition isn't. The weeks that follow moving day are often the most emotionally demanding part of the entire process. A few things to stay on top of:

Continue visiting frequently — short visits matter more than long ones in the first few weeks

Stay in contact with the community's Resident Services team — they are your early warning system if something isn't right

Monitor the adjustment — return to pages 8 and 9 of this guide for what's normal and when to be concerned

Turn your attention to the home — when you're ready, pages 13 through 15 walk you through the decisions ahead

Give yourself grace — the logistics are behind you. The emotional work continues for a while longer. That's normal too.

NOTE: The pages noted may be in part one of this guide you can find at www.seniormoveroadmap.com

30 Day Moving Checklist

Moving is a monumental task. Here's how to spread it out over the course of a month for maximum success.

Depending on how much time you have or the priority of getting your parent where they need to be some tasks should be skipped - This list won't make sense for everyone - Use what you can. Don't feel like you have to do everything.

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Day 01 | Take inventory of everything you'll need to move. | <input type="checkbox"/> Day 16 | Take a(nother) tour of your new place. This can help you determine whether you'll need to do more downsizing. |
| <input type="checkbox"/> Day 02 | Invest in packing supplies, including: boxes, bubble wrap, packing tape, and markers for labeling. | <input type="checkbox"/> Day 17 | Continue packing lesser-used items in your home. Invite a friend over for help. |
| <input type="checkbox"/> Day 03 | Create "to throw away," "to donate," and "to sell" boxes and/or piles. | <input type="checkbox"/> Day 18 | Take care of your yard, day one. Make sure everything is accounted for and straightened up before you leave. |
| <input type="checkbox"/> Day 04 | Make your inaugural trip to the landfill and the donation center. | <input type="checkbox"/> Day 19 | Take care of your yard, day two. Some yards require two days of maintenance. |
| <input type="checkbox"/> Day 05 | Compare moving companies and self-storage facilities. | <input type="checkbox"/> Day 20 | Speak with your landlord about any property services that need to be scheduled before you leave. |
| <input type="checkbox"/> Day 06 | Make your reservations with professional movers and a self-storage facility. | <input type="checkbox"/> Day 21 | Begin a room-by-room packing tour of your house. Start by clearing out foods in your kitchen. |
| <input type="checkbox"/> Day 07 | Gather important documents—like passports, mortgage papers, insurance portfolios, and medical records—and put them in safe place ahead of the move. | <input type="checkbox"/> Day 22 | Move to your bathrooms and pack-up toiletries and linens that will not be used before the move. |
| <input type="checkbox"/> Day 08 | Change your address with an official mail forwarding form. Notify banks, insurance companies, and subscription services of your move. | <input type="checkbox"/> Day 23 | Call your movers a week in advance to make sure they are still coming on your scheduled day. |
| <input type="checkbox"/> Day 09 | Start, stop, or transfer your utility services. | <input type="checkbox"/> Day 24 | Tour the remaining rooms in your house and pack up anything that will fit into a box. Leave out electronics and other essential appliances, as you may want to use them. |
| <input type="checkbox"/> Day 10 | Notify your friends, family, and neighbors of your move. | <input type="checkbox"/> Day 25 | Begin packing up your bedroom. Start with your closets, dressers, and desks. |
| <input type="checkbox"/> Day 11 | After performing a second round of sorting, take another trip to the landfill and the donation center. | <input type="checkbox"/> Day 26 | Finish packing up your bedroom. Be sure to leave a few clothes and essentials free for the remaining few days. |
| <input type="checkbox"/> Day 12 | Create online listings for items you want to sell. | <input type="checkbox"/> Day 27 | Perform one final day of yardwork or exterior cleaning before vacating your premises. (This is especially important if you're renting.) |
| <input type="checkbox"/> Day 13 | Check your prescriptions and make sure you have enough to make it through the move. If not, order more today. | <input type="checkbox"/> Day 28 | Vacuum, mop, and wipe down your house. Pack up all electronics. |
| <input type="checkbox"/> Day 14 | Plan your travel route. This is especially important if you're moving cities, flying, or taking multiple days in transit to reach your new home. | <input type="checkbox"/> Day 29 | Check in with your movers one last time and pack a day-of bag. |
| <input type="checkbox"/> Day 15 | You're halfway there. Begin packing lesser-used items in your home, such as fine dishware, seasonal items, and books. | <input type="checkbox"/> Day 30 | Get to sleep early before the big day. |

8 Weeks Before Your Move Date



Create a Moving Folder or Binder

- Keep everything related to your move organized, including quotes, service details, contact info, receipts and reminders
- Include a move calendar to help you notate all of your important dates: your move-out date, move-in date, packing schedule, closing date, lease termination date (if applicable), travel dates and other deadlines.
- Save helpful research about your new destination, such as address, contact info, closest medical facilities, Key Team Member Contacts
- Create a digital version for easy access and sharing — once you get a quote from Moving Company, check what tools they have to help you.
- Save the community's admissions coordinator contact information in this folder. They are your primary point of contact for move-in logistics.

Set a Moving Budget

- Decide how much to spend on your move
- If other family members are contributing to move costs, get aligned on the budget now before decisions get made without everyone's input.
- If moving yourself, factor in supplies, equipment, transportation, fuel and labor

Gather Quotes and Research Your Options

Families have more options than a traditional moving company. Some adult children coordinate and execute the entire move themselves. Others hire movers for the heavy lifting and handle the rest as a family. Others bring in a Senior Move Manager who specializes in senior transitions and can coordinate everything from packing to setup. Find one at nasmm.org. Whatever your approach, get any quotes in writing early — availability fills up.

- Decide which services you need; Many companies offer options like packing, storage, car shipping, TV mounting, debris pickup and more
- Be ready to share your move details: dates, origin and destination zip codes, home size, number of floors, extra services needed and any fragile or high-value items
- Understand the factors that can affect the amount of your moving quote, such as seasonality, additional services, distance, weight, etc.
- Understand what is included in any quote — packing, transport, unpacking, and debris removal are often separate line items. Know what you're paying for before you commit.

Research Moving Companies and Services

Protect yourself from scams and unreliable movers. Some disreputable companies may charge hidden fees or even hold your belongings hostage until a large fee is paid. Safeguard your move by doing the following:

- Ask friends and family for referrals
- Check online reviews, social media accounts and the Better Business Bureau
- If the move crosses state lines, confirm that the moving company is licensed for interstate transport and has a DOT number. You can verify this at protectyourmove.gov.
- Keep written documentation, especially quotes
- Ask about insurance coverage for your parent's belongings during the move. Most communities do not insure personal property once it arrives — so knowing what the mover covers matters.

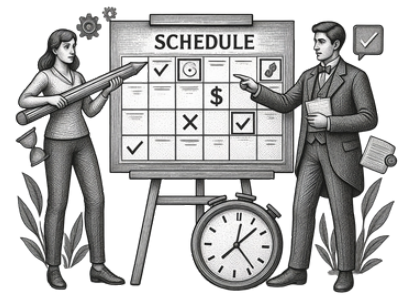
Schedule a Virtual or In-Home Assessment

Before receiving an estimate, movers must visually inspect your belongings, either in-person or virtually. If scheduling a Virtual Survey your move consultant will guide you through the process.

- Schedule a virtual or in-person walk-through. Make sure to ask your estimator any questions you have about costs, services, delivery timing and the moving process.
- Show all rooms, including the garage, attic, shed and yard
- Mention any offsite storage units that will be included in the move
- Identify what's going on the truck and what's staying behind
- Point out high-value items worth over \$100 per pound (such as antiques and designer goods)
- Note delicate or breakable items
- Show your home's exterior and truck access points
- Discuss whether you'll pack yourself or use professional packing services
- Estimates and book your move, be sure to understand what is included in your base price
- While you are walking through the home with the estimator, also walk through what is NOT going on the truck — items going to family members, items being donated, and items your parent is keeping with them on moving day rather than in the truck.



7 Weeks Before Your Move Date



Prepare Your Family and Coordinate Roles

- If multiple family members are involved in the move, get aligned on roles now. Who is coordinating logistics? Who stays with your parent on moving day — not directing movers, just with your parent? Who is handling the home after the move? Vague agreements become dropped balls under pressure. Name a person for each role before moving week arrives.
- If possible, visit the community together before moving day so your parent sees the space and meets a few staff members before the move happens. Note where the nearest hospital and urgent care are located — and make sure that information is in your moving folder.

Prepare for Your New Destination

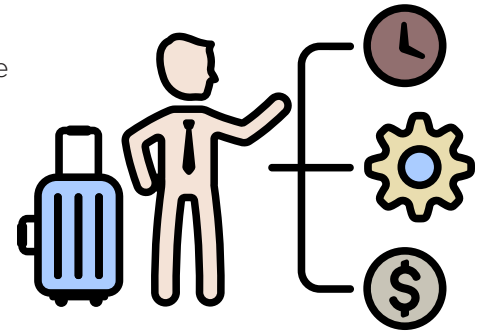
- Request time off work for moving day and ideally the day before. Moving days with seniors run longer than expected — give yourself room.
- Request transfer of your parent's medical records to their new primary care provider. Ask the community's admissions coordinator whether they have a preferred physician on rotation — many do.
- If the community room won't be ready on the confirmed date, arrange short-term storage for essentials. Confirm the move-in date in writing.
- Using the room dimensions from the community, decide which furniture pieces are going to the new room. Order anything new now to allow time for delivery.
- Measure to ensure new and existing furniture will fit your space
- Also measure doorways and hallways — some communities have width restrictions for move-in day.



6 Weeks Before Your Move Date

Make Travel Arrangements

- If adult children are traveling from out of town to help with the move, book travel and lodging now. If the move involves traveling with your parent over multiple days, plan rest stops, overnight accommodations that are accessible, and a pace that accounts for their energy and comfort — not just drive time.
- Arrange transportation for your parent on moving day. Consider whether a family vehicle works, or whether a wheelchair-accessible vehicle or medical transport is needed. If medical transport is required, book it now and reconfirm closer to the date.
- Arrange care for grandchildren and pets on moving day so adult helpers can stay focused.
- Service vehicles if traveling long-distance
- Arrange car shipping if needed; Some movers offers this service



5 Weeks Before Your Move Date

Protect and Transfer Important Documents

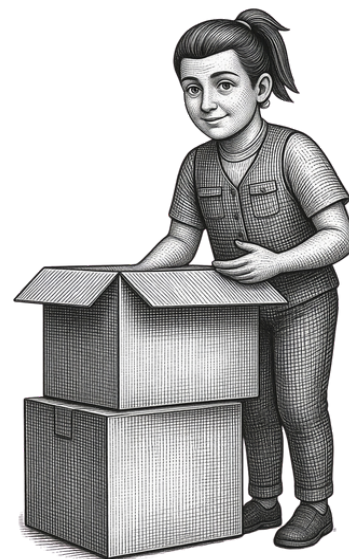


- Consider scanning physical documents to cloud storage
 - Back up your computer and digital files
 - Secure login credentials, ensuring you have access to them after your move
 - Keep passports, Social Security cards, birth certificates and financial documents in a safe place. During the move, they will travel with you — not on the moving truck
 - Gather warranty documents and manuals
-
- Gather the documents the community will need on or before move-in day: Financial Power of Attorney, Healthcare Proxy (Medical Power of Attorney), advance directive, and DNR order if applicable.
 - Make two copies of each legal document — originals stay with the family, copies go to the community's admissions file
 - Gather Medicare and/or Medicaid card, supplemental insurance card, and a list of all physicians with phone numbers
 - If Financial Power of Attorney is not yet in place and your parent has legal capacity, consult an elder law attorney this week — do not wait until after the move

4 Weeks Before Your Move Date

Start packing

- Create a packing zone in each part of the house that will be out of the way
- Start with storage areas and pack nonessential and seasonal items first
- Keep a detailed inventory, including box contents and room placement
- Label boxes clearly. Write on the sides rather than the top, so the label is visible when boxes are stacked.
- Note fragile or heavy items on the outside of the box
- Use extra linens and T-shirts to pad boxes and keep your items securely in place
- Don't pack prohibited or hazardous items, ask your representative if you have any questions about what is not allowed on the moving van
- Interstate movers cannot transport houseplants; make plans to take them with you or look into rehoming them with a friend or family.
- Begin setting aside first-night essentials: bedding, toiletries, clothes, plan for medications and snacks
- Use the Downsizing Checklist by Room in your toolkit to guide decisions about what goes to the community, what stays with family, and what is donated or discarded
- Pack a first-night bag that travels with your parent — not on the moving truck. Include all current medications clearly labeled, toiletries, a change of clothes, and one or two comfort items from home.



3 Weeks Before Your Move Date

Notify Key Parties About Your Move

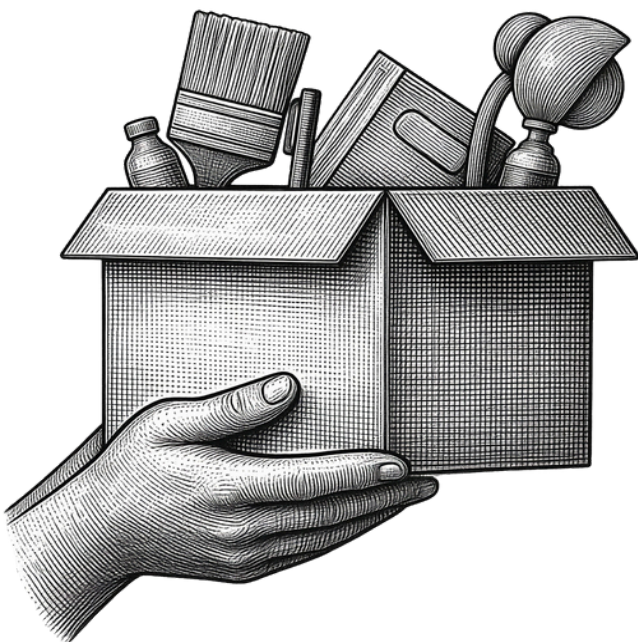
- File a change of address with the post office and forward mail
- Cancel or pause services tied to the current home — lawn care, housekeeping, newspaper delivery, subscription boxes. Set a specific cancellation date tied to the move date so nothing gets charged after the move.

Gather Packing Materials if Self-Packing

- Learn about specialty boxes, like dish packs and wardrobes
- If a Senior Move Manager is coordinating the move, confirm packing supply needs with them. If the family is self-packing, stock up on boxes, packing tape, bubble wrap, and markers. Liquor store boxes and grocery store boxes are free and sturdy.
- Don't forget markers, tape and plenty of padding material

Begin Decluttering (See Guide at End)

- Return borrowed items
- Sort room-by-room into keep, sell, donate and trash piles
- Host a garage sale or sell unwanted items online
- Donate usable items to organizations like Goodwill or The Salvation Army
- Schedule junk pickup for large unwanted items
- Shred sensitive documents; many banks and office supply stores can do this
- Dispose of hazardous materials per local regulations
- Label every box with the destination room AND the contents. On moving day, labeled boxes go directly to the right place without anyone having to ask.



Notify Key Parties

- Update your address with subscription services, the IRS, Medicare, Veterans Affairs, voter registration and financial institutions
- If changing employers, be sure your previous employer has your new address for tax forms and other critical paperwork
- Transfer prescriptions to your new pharmacy
- Cancel or pause local memberships — gym, social clubs, subscription services. Don't forget faith community notifications, senior center memberships, and volunteer commitments. A brief note or call to those organizations is a kindness your parent will appreciate.
- Plan a quiet goodbye gathering if your parent would like one — a small group of close friends, a familiar setting, low pressure. Also schedule a final visit to a favorite restaurant or park before the move. These goodbyes matter.

2 Weeks Before Your Move Date

Clean and Prep Your Current Home

- Use up freezer food and prep meals ahead
- Remove wall hardware and patch holes
- Schedule or plan a thorough move-out cleaning
- Dust and wipe down furniture to avoid damage in transit
- Have rugs professionally cleaned. If the home will be going on the market, this is worth doing before listing. If not, skip it.
- Begin disassembling unused furniture; use labeled baggies for small furniture hardware, we recommend starting a parts box to keep all hardware in one place
- If your parent owns the home and it will be going on the market, note any repairs or updates worth addressing before listing. If renting, make repairs to receive the security deposit back.

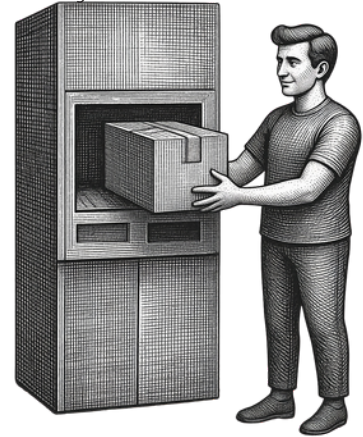


Prepare for Your Trip

- Map your route and schedule stops. If medical transport is being used for your parent, reconfirm the booking and share the route and timing with them directly.
- Queue up a playlist of music and favorite podcasts for the drive

Wrap Up Loose Ends

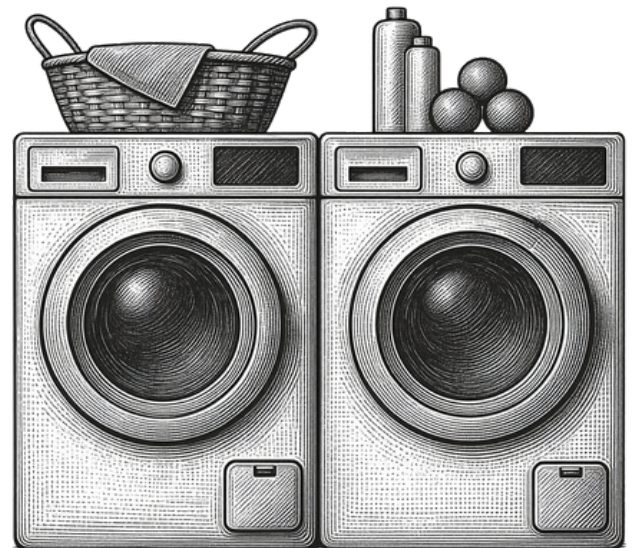
- Pack comfort items for your parent for moving day — a familiar sweater, a book, a small photo — something that keeps the day from feeling entirely unfamiliar.
- Pack snacks and toiletries
- Return library books
- Return store purchases
- Cancel or redirect deliveries
- Pick up dry cleaning
- Resolve any outstanding fines or fees
- Transfer safety deposit box contents. If your parent is not managing finances independently, make sure the person holding Financial Power of Attorney is involved in this step.



1 Week Before Your Move Date

Ready Appliances and Outdoor Items

- It is recommended to use a qualified technician to prepare appliances for moving; ask your move coordinator if this is necessary and for a recommendation.
- Unplug and defrost refrigerators and freezers 24+ hours before moving day; be sure they are dry before closing the door
- Air out the dishwasher and ensure it is empty
- Disconnect and stabilize your washer and dryer
- Drain gas-powered items and let them dry out completely; seal tank tightly with gas cap after airing out
- Remove propane tanks
- Dry garden hoses completely and tightly connect the two ends to prevent any drips
- Pack small appliances and label carefully
- Remove and pad light bulbs and fragile lamp parts
- Disassemble televisions, computers, scanners and printers



Coordinate Utility and Service Setup



- Arrange for new utilities to be activated before arrival
- Disconnect existing services the day after your move
- Contact all providers, including gas, electric, water, trash, recycling, cable and internet

Plan for Moving Day

- Confirm all logistics with your mover or helpers
- Arrange care for kids or pets on moving day
- Keep keys to your new home accessible; do not let them get packed into the moving van
- Finalize your first-night kit
- Prepare easy meals for the final week
- If you would like to tip your movers at move-out and move-in, make sure to have some cash on hand; tipping is optional and is at your discretion
- Finish any last-minute packing
- Monitor the forecast and prepare accordingly
- Clean and dry outdoor furniture
- Pack a cooler with drinks, snacks and any medications (that may be required) for moving day.
- Set aside items that should not go on the moving truck, we recommend marking a closet with a sign that says **“DO NOT LOAD”**
- Prepare a printed sheet to hand to the community on move-in day: your parent’s full legal name, preferred name, emergency contacts, current medications with dosages, primary care physician contact, and copies of legal documents. Bring two copies.
- Confirm with the community’s admissions coordinator that the room will be ready and that they are expecting your arrival at the planned time.

Weather is UNPREDICTABLE
Plan Accordingly

Move Out Day

- Meet your movers and share any key info or concerns
- Protect floors with drop cloths or covers
- Be prepared to direct movers on room layout and special items
- Sign required paperwork, such as the Bill of Lading and inventory
- Do a final walkthrough to ensure nothing is left behind
- Turn off lights and lock doors



Move In Day

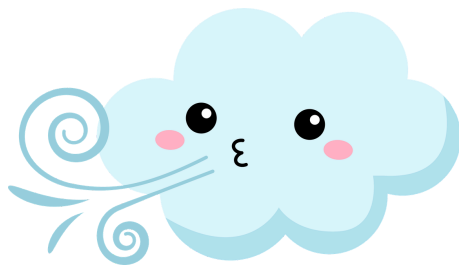
1. IF Summer

- LOTS OF WATER
- It will take longer
- Plan BREAKS
- LOTS OF WATER

2. IF NOT Summer

- Weather is unpredictable
- Could be HOT
- Could turn cold and rainy (very fast)
- Plan Accordingly

- Protect floors before bringing items in
- Guide movers on furniture and box placement
- Read and sign any necessary paperwork
- Before you begin unpacking, do some basic cleaning
- Install shower curtains
- Assemble and make beds
- Unpack your cooler and first-night kit
- Bring personal items in from your vehicle
- Consider changing locks for added security
- Make spare keys as needed



- Ask to meet the Director of Resident Services, Social Worker, or Wellness Director on move-in day. Get their direct contact information. This is the person to call — not the front desk — when you have questions about your parent's adjustment.

- Before you leave, make the room feel like theirs. Familiar bedding, a few framed photos where they can see them, toiletries arranged the way they prefer. The first night is the hardest. Familiar objects help.

Unpack and Settle In

Stock Up

- Buy groceries and essentials

Clean Your New Home

- Clean floors, baseboards, windows, fans, stairs and surfaces
- Hire a move-in cleaning service if desired
- Service the chimney if needed
- Make sure your address is visible

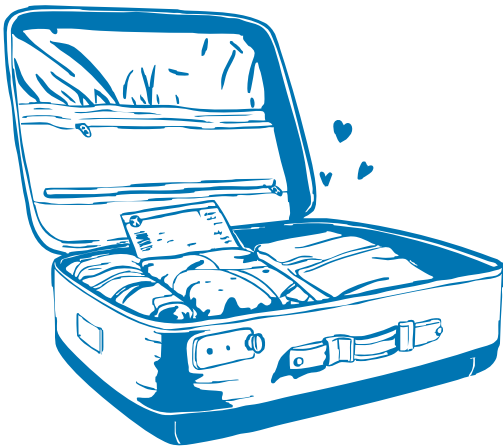


Set Up Safety and Security

- Confirm with the community that smoke detectors are in working order in the room.
- Identify nearby emergency services, doctors offices, other care providers, and speciality stores necessary

Begin Unpacking

- Consider using an unpacking service
- Unpack essentials like dishes, toiletries, food and clothing
- Pace yourself to avoid feeling overwhelmed
- Reassemble furniture
- Declutter again as you unpack — donate, sell or discard as needed
- Use debris pick-up services if needed
- File claims with your mover if anything is lost or damaged



Note: The community is not responsible for lost or damaged personal property. Keep a copy of your home inventory as documentation if a claim needs to be filed with the moving company.

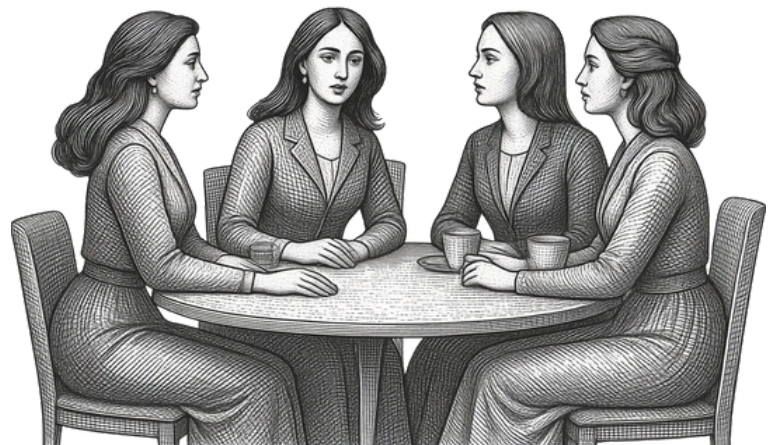
Get Your Documents and Accounts in Order

- Confirm address changes have gone through
- Open new accounts for banking, insurance and medical providers
- Register to vote
- Ensure return of your security deposit
- Establish residency in your new location
- Notify the community's dining team of any dietary restrictions, preferences, or allergies
- Ask the activities director for the monthly activity calendar and identify one or two low-pressure options your parent might enjoy when they're ready
- Return to pages 8 and 9 of this guide — the adjustment period has begun

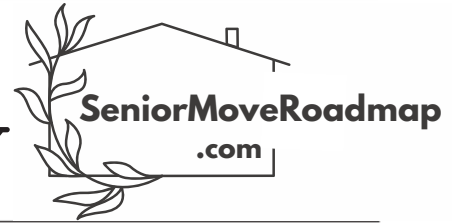


Settle In

- Meet your neighbors
- Leave a review and send a thank-you accordingly
- Review your moving company online
- Explore your new community



TAKE A HOME INVENTORY



Taking stock of your possessions is an important part of any move. Doing it with home inventory can help bring order to the flurry of purging and packing activities that can otherwise overwhelm the process. Print this list out to help you catalogue items as you pack up each room. And keep it in a safe place (with receipts, if you have them) once you arrive at your destination; a home inventory can prove invaluable in the event that you ever have to make an insurance claim. If you prefer to create a digital inventory, try a smartphone app like Digital Locker, which lets you create a digital inventory and either save it on your smartphone or back it up to the cloud.

living room

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Carpeting / rugs			
Sofas			
Coffee table / side tables			
Table & chairs			
Media center			
Shelves			
Curtains / blinds			
Lamps / light fixtures			
Art / clocks / wall décor			
Fireplace fixtures			
Miscellaneous items			

TIP: Take photos and video of every room, focusing on any significant items.

bathroom(s)

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Cabinets / chests			
Mirrors			
Room décor			
Bath towels			
Clothes hamper			
Medicine cabinet contents			
Hair dryers / curlers			
Electric shavers			

TIP: Consider using towels or other linens to wrap household items.

TAKE A HOME INVENTORY



kitchen + laundry

	Original Price	Year of Purchase	Model or Serial #
Cabinets / shelving			
Table & chairs			
Dishware / flatware / glassware			
Pots / pans			
Clocks / wall décor			
Refrigerator			
Stove			
Microwave			
Dishwasher			
Electrical appliances			
Washer / dryer			
Ironing board			
Steamer			
Vacuum cleaner			

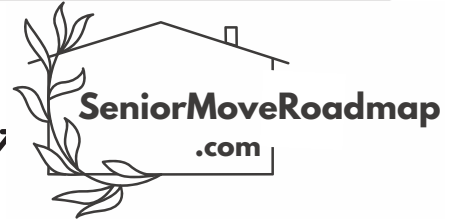
TIP: Don't forget items behind pantry doors, in cabinets and in any drawers.

electronics

	Original Price	Year of Purchase	Model or Serial #
Television #1			
Television #2			
Camera / video equipment			
Computer / laptop			
Computer accessories (printer, external hard-drives)			
Speakers/stereo system			
DVD player			
Telephones			
Mobile phone			
Tablet (iPad, Kindle, etc.)			
Video game systems			

TIP: Take a picture of how cords are connected to electronics so you can reconnect them easily later.

TAKE A HOME INVENTORY



family room + office

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Art / clocks / wall décor			
Carpeting / rugs			
Sofas			
Curtains / blinds			
Table & chairs			
Desk & contents			
Bookcases			
File cabinet			
Media center			
Lamps / light fixtures			

TIP: Don't overlook small but potentially valuable items, like personal collections.

dining room

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Rug			
Table			
Chairs			
China cabinet / buffet			
Curtains / blinds			
Silver ware			
China			
Glassware			
Tablecloths / napkins			
Art / wall décor			
Lamps / light fixtures			

TIP: Tape doors of cabinets or other furniture closed for the move.

TAKE A HOME INVENTORY



bedrooms

	Original Price	Year of Purchase	Model or Serial #
Bedframe			
Mattress			
Linens			
Nightstand			
Dresser			
Jewelry			
Bookcase			
Desk			
Chair			
Mirror			
Lamps / light fixtures			
Closet accessories			
Clothes / shoes			

TIP: Check in with your insurance agent about valuables - jewelry, for instance - to make sure your coverage limits are adequate to cover a potential loss.

garage + outdoors

	Original Price	Year of Purchase	Model or Serial #
Sporting equipment			
Tools			
Lawn mower			
Ladders			
Work bench			
Grill / barbecue equipment			
Storage equipment			
Lawn furniture			

TIP: Drain fuel from any power equipment before your move.

TAKE A HOME INVENTORY



basement + attic

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Exercise equipment			
Toys / games			
Trunks / luggage			
Sporting equipment			

TIP: Purging sentimental toys before a move may make it harder for kids to deal with what might already seem like a huge change—the move itself.

miscellaneous items

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #

Downsizing Checklist by Room

BEDROOM – PRIORITIZE COMFORT & NECESSITY

✓ Keep:

- Bed frame & mattress (if suitable for new space)
- Essential bedding (2-3 sets of sheets, 1-2 comforters)
- A small selection of seasonal clothes (use the one-year rule: If you haven't worn it in a year, donate it!)
- Nightstand & reading lamp

🚫 Donate/Discard:

- Extra or unused furniture (dressers, chairs, bedside tables)
- Excess linens, blankets, and throw pillows
- Old or unused clothing, shoes, and accessories
- Bulky or duplicate items (like extra lamps or nightstands)

KITCHEN – STREAMLINE TO EVERYDAY ESSENTIALS

✓ Keep:

- A small set of dishes (2-4 plates, bowls, mugs, and glasses)
- Basic cookware (1-2 pots, 1-2 pans, baking sheet)
- Everyday utensils (silverware, a few serving spoons)
- 1-2 appliances used daily (e.g., coffee maker, microwave)

🚫 Donate/Discard:

- Specialty kitchen gadgets rarely used (waffle makers, bread machines, etc.)
- Excess cookware, plates, and glassware
- Expired pantry items and spices
- Large or duplicate appliances
- Excess Tupperware with missing lids

LIVING ROOM – KEEP IT FUNCTIONAL & COZY

✓ Keep:

- Comfortable seating (downsized sofa or favorite armchair)
- A few sentimental decor pieces (framed photos, heirlooms)
- A small bookshelf or storage unit for organization
- TV or entertainment system (if used regularly)

🚫 Donate/Discard:

- Large, heavy furniture that won't fit in the new space (china cabinets, oversized coffee tables)
- Excess decorative items (vases, figurines, artwork)
- Extra furniture that won't serve a purpose in the new home
- Outdated media (DVDs, CDs, VHS tapes)

BATHROOM - DECLUTTER & ORGANIZE FOR EFFICIENCY

✓ Keep:

- Everyday toiletries (limit to one of each item)
- Essential towels (2-4 bath towels, 2 hand towels, 2 washcloths)
- Small first-aid kit
- A few storage bins for organization

🚫 Donate/Discard:

- Expired medications and skincare products
- Old or unused makeup and beauty supplies
- Worn-out or mismatched towels and washcloths
- Excess travel-size toiletries from hotels

HALLWAY / ENTRYWAY - REDUCE CLUTTER & IMPROVE ACCESSIBILITY

✓ Keep:

- A small console table or key holder
- Coat rack or hooks for outerwear
- A daily use bag or purse
- Walking cane, mobility aids (if needed)

🚫 Donate/Discard:

- Old or unworn coats, hats, and shoes
- Stacks of unread mail and paperwork
- Decorative clutter (extra vases, small furniture)

LAUNDRY ROOM - ONLY KEEP THE ESSENTIALS

✓ Keep:

- Laundry detergent, fabric softener, and stain removers
- 1-2 laundry baskets
- An iron and ironing board (if regularly used)

🚫 Donate/Discard:

- Old, worn-out cleaning rags
- Expired cleaning supplies
- Extra or broken hangers

STORAGE SPACES (GARAGE, ATTIC, BASEMENT, CLOSETS) - DECLUTTER DEEP STORAGE

✓ Keep:

- Important paperwork (store in labeled folders)
- Essential tools (hammer, screwdriver, flashlight)
- Sentimental items (limit to one small box or digitize)

🚫 Donate/Discard:

- Old holiday decorations that aren't used
- Extra tools, sports equipment, and duplicate hardware
- Boxes of "someday" items that haven't been touched in years
- Old furniture, broken appliances, outdated electronics