

# Senior Move Timeline Options

How to move a parent without delays



*Wondering how best to plan your move?*



Included Within:

- 5 Step Plan
- 3 Options for Moving
- Ways to avoid delay
- Next Steps
- Additional Tools
  - Downsizing Checklist
  - Move Checklist
  - Real Estate Sale Timelines

# Creating the Plan

## Creating a Plan for Moving a Parent

How to avoid delays, reduce stress, and make better decisions

Without a plan, it's easy to:

feel overwhelmed

delay important decisions

make choices under pressure

👉 A simple plan helps you stay in control and avoid costly mistakes.



## THE 5-STEP TIMELINE

Most senior moves follow a similar path. Understanding the steps helps you stay ahead of problems before they happen.



1. **Decide** - Recognize it's time to act



2. **Plan** - Choose your timeline/approach and line up the right support



3. **Choose Care** - Tour and secure assisted living



4. **Prepare the Home** - Downsize, declutter, get organized and make ready



5. **Move** - Transition, Move in and handle the home

Most delays happen between "Plan" and "Prepare the Home."

# Choosing your Timeline/Approach

**Most families fall into one of these three paths depending on urgency, finances, and the home.**

**The right choice depends on three things:**

- How quickly you need to move
- Whether you need the home to fund care
- How much time you have to prepare the home

	<b>Move First (Fastest)</b>	<b>Sell Fast, Then Move</b>	<b>Prepare &amp; Maximize Value</b>
<b>Speed to Move</b>	Immediate (Days - Weeks)	Short Term (2-6 Weeks)	Slower (1-3 Months)
<b>Upfront Funds Needed</b>	Yes (Cover Care before Sale)	No (Sale Funds Move)	Yes (Prep & Carrying Costs)
<b>Home Prep Required</b>	Minimal (Handle Later)	Minimal to None	Moderate to High (Clean, Repair, Stage)
<b>Financial Outcome</b>	Moderate to High	Moderate	Highest Potential
<b>Best For</b>	Urgent Situations / Safety Concerns	When Funds are not available	Time, Flexibility Maximizing Value
<b>Tradeoff</b>	Temporary financial strain	Less control on sale price	Slower Timeline, More Coordination

**Most families don't fit perfectly into one path—your situation may be a combination of these. The key is choosing a direction and moving forward.**

# Biggest Delays to Avoid

**Most delays don't come from the move itself—they come from uncertainty and lack of coordination.**

## **Avoid these common issues:**

- Waiting too long to start downsizing
- Trying to “fix everything” before making a decision
- Family disagreements slowing progress
- Not understanding how the home impacts timing
- Waiting for a crisis to force action



☛ **A simple plan early can prevent most of these problems.**

## **HOW THE HOME IMPACTS EVERYTHING**

**The home plays a bigger role than most families expect.**

### **It affects:**

- Timing – when the move can happen
- Finances – how care is paid for
- Stress – how complicated the process becomes
- In many cases, the home is the key to making everything else work.

☛ **Coordinating the move and the home together is what prevents delays.**

## **Regardless of Approach**

No matter which path you take, these steps apply:

- Continue having conversations with your loved one so everyone is aligned
- Begin touring and evaluating assisted living options
- Start downsizing and preparing for the move
- Complete any basic cleanup or small repairs if possible
- Line up the right support
- Plan ahead and finalize a Power of Attorney (POA) to avoid delays later on

# Next Steps Based on Approach

## If You've Identified Your Path, Here's What to Do Next:

### Move First (Fastest Path)

#### Goal: Get your parent safe and moved as quickly as possible

- Select and secure an assisted living community
- Coordinate a move-in date (often within days or weeks)
- Move essential belongings first (not everything)
- Create a plan to handle the home after the move
- Evaluate whether to sell as-is or prepare later



Move First

👉 **Focus on safety and speed—everything else can be handled after.**

### Sell Fast, Then Move

#### Goal: Use the home to fund the move quickly

- Prepare the home for a quick sale (light cleanup only)
- Get a pricing strategy focused on speed, not perfection
- List or explore fast-sale options
- Begin researching and touring communities during this time
- Plan the move once funds are available



Sell Fast,  
Then Move

👉 **Balance speed with access to funds—don't delay both at the same time.**

### Prepare, Then Move (Prepare and Maximize)

#### Goal: Maximize value and create a smoother transition

- Begin downsizing and clearing out the home early
- Complete needed repairs, updates, or staging
- Develop a plan to list the home at full market value
- Take time to carefully evaluate assisted living options
- Coordinate the move around the sale timeline



Prepare &  
Maximize

👉 **This path offers more control—but requires time, coordination, and planning.**

# Line Up the Right Support

## **Most families try to handle everything themselves at first.**

Having the right people involved early can save time, reduce stress, and prevent costly mistakes.

### **1. Senior Living Advisor / Placement Specialist**

- Helps identify the right care options
- Guides tours and availability
- Often free to families

### **2. Real Estate Specialist**

- Helps determine timing of the home
- Coordinates the home sale with the move
- Can provide multiple avenues to sell the home in addition to a traditional listing such as buying it directly and/or multiple finance options
- The home often drives the timing and financial side of the transition—so having someone who understands both is critical.

### **3. Downsizing / Move Manager**

- Helps sort, organize, and reduce overwhelm
- Coordinates packing and logistics

### **4. Estate / Elder Law Attorney (if needed)**

- Power of attorney
- Legal decisions
- Estate considerations

### **5. Family Decision Maker(s)**

- Clarify who is leading decisions
- Avoid delays and conflict



# Tools to Move you Forward

## This is one part of The Senior Move Roadmap

Feel free to click or request any of the other guides. For Convenience we have included Decluttering Tips, Move Planning, and more details regarding a cash sale vs Traditional financing at the end of this guide.



Is it Time?



Have the  
Conversation



Make the Plan



Understand  
the Costs



Choose the  
Right Place



Prepare the  
Home



Make the  
Move

## Additional Resources Included here

- Senior Living Essentials List
- Downsizing Checklist
- Sample Move Checklist
- Real Estate Sales Options



If you're in Houston and need help figuring out next steps, I'm happy to walk through your situation and help you create a simple plan.

Call or Text 281.845.1260

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# 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.

# 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

# 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](http://www.seniormoveroadmap.com)



# Houston Senior Sale Timeline:

## Get Mom Settled in 90 Days (or less)

Two realistic paths to sell the family home and coordinate a smooth move into independent or assisted living, memory care, or a CCRC.

### Helping Mom Move Houston – Senior Transition Timeline

Moving a parent is one of the most emotional and complex decisions an adult child will ever make. The #1 question we hear is:

“How long will it actually take to sell the house and get Mom safely settled?”

The answer depends on how the home is sold. Below are the two most common paths in today’s Houston market — Cash Sale (fastest) and Traditional Financed Sale (most common). Both are designed to align the home sale with a senior living move-in date so families avoid gaps, double housing costs, or rushed decisions.

Use this timeline to start planning with confidence. Whether you’re the primary caregiver in Houston or coordinating from out of state, knowing the realistic steps and timeframes reduces stress and helps you protect Mom’s savings and well-being.

Very few buyers in Houston buy in cash. MoveMomTx and its partners can move quickly. This timeline gives you the most flexibility to coordinate with the senior living admissions team.

## Steps

## Key Tasks

## Days

### Quick Property Review

1

- Walk the property or review photos to assess condition
- **Skip repairs, staging, and show-ready prep entirely**
- Identify investor value
- Get a straightforward cash offer range quickly

1-2

### Simple Offer & Agreement

2

- Receive a no-obligation cash offer
- No commissions, minimal fees, and fewer contingencies
- **Flexible terms (leave items behind, move assistance, choose closing date)**
- Accept the offer and move directly to closing

3-4

### Fast, Hassle Free Closing

3

- No lender delays, appraisals, or financing risk
- No repairs required after inspection
- Title company handles paperwork and coordination
- Close quickly and get paid—on your timeline
- **Move your loved one (Moving Assistance may be available)**

11-31

### Why families and senior living teams love the Cash option

Cash buyers can close extremely fast (often 7-30 days total). This path is ideal when speed is the priority — for example, when a senior living community has a move-in date available in the next 30-60 days or when the family wants to minimize the time Mom is in transition.

## Why most Houston families choose the **Traditional Path**

The majority of buyers in Greater Houston still use financing. While this route takes longer (typically 60–90 days from listing to closing), it often attracts a wider pool of buyers and can result in a stronger final sale price. This timeline gives you the breathing room to properly prepare the home, stage it, and coordinate with the senior living admissions team so Mom's move-in date lines up perfectly with closing.



### Ready to create your family's personalized 90-day plan?

Let's align the sale of your parents' home with the exact senior living move-in date that works best for your loved one.

I offer free, no-obligation consultations that includes:

- A custom timeline built around your target move-in date
- Quick home valuation and/or cash offer
- Introduction to trusted move managers, estate sale companies, and senior living partners.

**Call or text me anytime: 281.845.1260 or dan@movemomtx.com**



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