



American House Senior Living Moving & Transition Assistance Program

Powered by Moves for Seniors

Moves for Seniors is a nationwide team of professionals dedicated to the needs of the senior housing industry and the residents moving into a American House Senior Living community. We will guide you and your family through the downsizing process. From a comprehensive assessment of needs to managing all logistics associated with your move, we will take care of it all.

Since 2007, Moves for Seniors has been dedicated to serving the moving needs of seniors nationwide. We coordinate every part of your move including packing, organizing, relocating heirlooms to family and taking away items you no longer want or need with simple and affordable pricing options.

Our Services Include:

- Personal Moving Consultant
- Local and long-distance moves
- Specialty shipping services for precious family items
- Multi-destination distribution
- Donations and estate distribution
- Packing, space planning and organization
- Online auctions
- Storage, and junk removal
- Clean out services

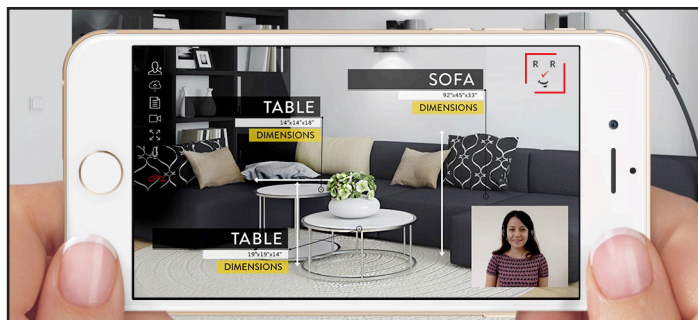
**Contact Savanna Carr-Brooks
For A Free Consultation**
Call 610.535.6535 or email
savannac@movesforseniors.com

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Moves for Seniors makes obtaining moving estimates fast and easy by offering three options to fit your needs. It can be done on the phone, in your home, or using our online ROOMROVER™ 2-way video survey program.

The ROOMROVER™ is a 2-way video recorded program that simplifies estimates and provides precise records for your next move. You are connected online with a Senior Move Specialist who will walk you through your home room by room asking questions, offering suggestions and learning more about your current and future needs.

Just like an in-home visit, with the ROOMROVER 2-way video survey, you can discuss specific requirements for moving, storing, gifting and disposing of belongings and heirlooms.



ROOMROVER™ GIVES EVERYONE A CLEAR VISION FOR A SMOOTH TRANSITION

Whichever estimating process you select, your Senior Move Specialist will guide you through the downsizing, planning and moving process. Our goal is to make sure your transition into your new home goes as smoothly as possible. Contact us and schedule a free moving estimate.

American House offers one source for stress-free moving & transition services

Use this checklist to help you stay organized as you prepare to move into your new home.

- Purge before packing by eliminating clutter and any unnecessary items.
- Obtain moving estimates on the phone, in-home, or using Moves for Seniors online 2-way video survey precise records program.
- Itemize inventory of your furniture and belongings to determine what will be moving with you.
- Sort your items into five groups:
 - Keep Donate Throw Away
 - Storage Give to Family
- Obtain a written appraisal of any antique items.
- If you need assistance with sorting, packing and rightsizing, Moves for Seniors can arrange a visit by a Senior Move Facilitator in your area.
- Make a list of friends and relatives who should be notified of your move.
- Confirm your moving date and any services needed.
- Notify these services of change of address:
 - Bank Insurance
 - Credit card companies Social security
 - Vehicle registration Tax bureaus
 - Organizations & Clubs Pharmacy
- Make arrangements for all utilities including phone, internet, cable, water, garbage, gas and electric.
- Obtain all needed medical, dental, and veterinary records.
- Keep all daily necessities nearby for quick access.
- Pack a suitcase with items such as clothing, toiletries, medications, etc., for the first night in your new home.
- Label all of your boxes with the contents and the room it belongs in. Mark the top and one side of the box.
- Color-code or clearly label the different rooms of your home to save time when sorting boxes once you arrive.
- Clearly label which boxes should be unpacked first.
- Use FRAGILE labels for boxes containing delicate and breakable items — place one on top and two on the sides.
- Repack computers and electronics in their original boxes or use a box that's slightly larger than the component to allow room for extra packing materials.
- Label the wires, cords, and jacks of your components to make re-connecting your system quick and easy.
- Keep all of your important documents in one place so they are accessible during the transition.

Contact Savanna Carr-Brooks at 610.535.6535 or Email: savannac@movesforseniors.com