

STRESS-FREE MOVE-IN CHECKLIST

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

- Purge before packing by eliminating clutter and 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 to verify value.
- 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.
- Make arrangements for all utilities including phone, internet, cable, water, garbage, gas and electric.
- Notify these services of change of address:
 - Bank Insurance
 - Credit card companies Social security
 - Vehicle registration Tax bureaus
 - Organizations & Clubs Pharmacy
- Obtain all needed medical, dental, and veterinary records.
- Keep all daily necessities nearby for quick access at all times.
- 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.
- Confirm your moving date and any services needed.

We are ready to help you make a smooth, stress-free transition into your new home.

Moves for Seniors, the nationwide leader in Senior moving services, is ready to help you make a smooth transition into your new home. **From downsizing, donating, disposal, storage, and moving, you can take advantage of our expertise to make sure your move into your new home is as stress free as possible.** Our Senior Move Specialists will guide you along

the way and provide a comprehensive assessment of your needs and manage all moving logistics. Our experienced movers are licensed, vetted and fully insured for local or long distance moves. We also provide an easy-to-use online auction service that helps you quickly sell unwanted items during your transition.

Call: 1-800-220-7920 or Email: holiday@movesforseniors.com
www.movesforseniors.com/holiday-by-atria-retirement/