



Checklist for moving elderly parents



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- Research and schedule senior-friendly professional movers
- Arrange an estate sale for belongings not moving from original home
- Request time off work for family members as “All Hands On Deck!” moving help
- Develop a room-by-room floorplan layout for new home
- Measure furniture and doorway clearance to avoid moving pieces that won't fit
- Order any medical equipment (like hospital beds) and accessibility tools for safety in advance
- Ensure all prescription medications packed together in one secure bag and travel with you personally
- Backup computer files and photograph album originals just in case
- Pack a few older, cherished items and small comfort objects to make first nights less unfamiliar
- Label all boxes or mover inventory by exact room boxes go into to ease unpacking
- Pack small overnight bags with immediate use toiletries, clothes, medicines, laptops or chargers, and snacks for moving day
- Confirm utility connection dates for new home early to prevent paying double bills that month
- Print hard copies of all driving directions, new home costs and important contacts
- Plan out where furniture will be placed in each room beforehand for professional movers
- Recruit friends or local youth group as extra muscle to assist professional movers as needed

- Assign one family member as the central “Command Headquarters.” This person oversees a master checklist, directs traffic, tracks people’s locations, and solves problems.
- Check off movers’ truck inventory BEFORE anything comes off the truck into a new home. Confirm it’s labeled by the exact new home room for easy placement.
- Set up a color-coded sticky note system: Pink sticky notes indicate “content caution/extra fragile” boxes. Yellow stickies signal “priority unpack” boxes needing immediate access, like medications or electronics.
- Keep your own car packed and ready to drive aging parents themselves to a new home at any point if they feel too exhausted. Make them the only point person so they can relax comfortably all day.
- Take photos of special furniture in the original home before movers disassemble particular vintage pieces to help ensure proper re-assembly.
- Pack a Moving Day Survival Kit for the family: aspirin, bandages, water bottles, granola bars, and stain remover wipes. Moving mishaps happen!
- Make a hands-free shoulder bag for parents with instant essentials: small throw blanket, insulin or inhalers if needed, hand wipes, and mint gum to ease nerves
- Treat the whole family to a cheer-up dinner out so no one tackles kitchen cleanup the exhausting first night.
- Keep a running “Oops! List” of any unpacked items you discover are missing or broken to reconcile with movers later.
- program or label television remotes and electronic devices with masking tape and markers for simplified use.
- Set up non-breakable items first in the living area: lamps, chairs, and photos. This makes temporary, sparse conditions less depressing.
- Stock freezer with pre-made labeled meals friends cooked earlier, so no cooking is required during hectic unpacking.
- Help aging parents place treasured nostalgic keepsakes and heirlooms where they are visible to give comfort.
- Establish a first aid area, mark emergency exits clearly, and store fire extinguishers easily before anything else. Safety first!

