

# SENIOR RELOCATIONS



A Division of Yarnall

## A Resource Guide



**M**aking a move at any age can be stressful and sometimes overwhelming. After 30, 40 or even 50 years in your current home the process of downsizing and relocating to a new home can be daunting. However, with the right mindset, careful preparations and a professional moving company, relocating doesn't have to be a painful experience. Quite the contrary, it should be an exciting one!

At Yarnall, we have designed our Senior Relocations Services to take the stress out of moving; everything we do has our senior customers in mind. A senior relocations specialist has extensive, practical knowledge about the costs, quality and availability of local resources. At Yarnall we pride ourselves in having the knowledge you need.

If you find yourself in an unorganized situation, fret not; Yarnall Senior Relocations is here to help! Everything we do for our senior customers is done with courtesy and respect as we take care of every detail from packing to unpacking and complete set up in the new home. We leave nothing behind but a new beginning. The following is a guide you may find helpful when working with your Senior Relocations facilitator throughout the moving process.



## 2 Months Before Move

- Create a binder/folder for moving records (estimates, receipts, inventory lists).
- Plan your moving method and get pricing
- Confirm your moving dates
- Inquire about move in restrictions if you are moving to a retirement community.
- Research self storage facilities if necessary or store excess at Yarnall.
- Schedule transfer of records (medical etc.).

## 1 Month Before Move

- Schedule disconnection of utilities at old home.
- Schedule transfer of cable services at the new address for day after move. Verify with senior living community which cable company they exclusively use.
- Verify utilities at new home (non-retirement home).
- Obtain change of address form from postal service.
- Notify the following services of your relocation:
  - o Insurance
  - o Credit card companies
  - o Social Security Administration
  - o State Vehicle Registration
  - o State/Federal Tax Bureau
  - o Pharmacy/prescription delivery program
  - o Banks

### *Work with moving facilitator to:*

- Donate, sell or trash unnecessary items.
- Finalize consignment shop or estate sale selection. Arrange pick up.
- Finalize moving schedule and make necessary arrangements if overnight accommodations are needed.

## 1-2 Weeks Before Move

- Make sure all prescriptions are filled.
- Deplete pantry items. No new items!
- Set up house cleaners for after the move.
- Final donation pickup; downsizing complete!

## Day Before Move

- Clean out refrigerator and freezer
- Pack an overnight bag with medicines, important items and change of clothing.
- Get move-in package and keys from the move coordinator at the new community.

## Moving Day

- Initial walk through with movers. Ensure they protect the floor.
- Verify with movers all items going and any not going.
- Identify valuable items with movers.
- Do walk-through with facilitators at the end to make sure nothing has been left behind.
- Transfer food from refrigerator to new home.