

# Moving to a Senior Living Community

Making the decision to move to a senior living community is wonderful – yet the process can be difficult. Tough decisions such as selling your home or how to downsize make the process difficult. Please remember that we move people everyday and we are here to help you with every step in this process.

We have compiled our best tips to help you with all aspects of the move. Please call if you have any questions. We are here to help!

## 1. Focus on the Positive

This is a move you or a loved one needs to make for a better quality of life. Adventure is waiting, you just need to take the first step.

## 2. Enlist Help of Family and Friends

Usually decisions that surround planning and executing a move can seem overwhelming to handle. We recommend encouraging close family members to help. Being surrounded by loved ones who are supportive and encouraging can really help ease the emotional stress of moving. It is very important to encourage the person who is moving to actively participate in all decisions.

## 3. Purchase a Notebook Specifically for the Move

The notebook is a great place to make lists, remind yourself of questions you need to address, and even record memories as you go through belongings.

## 4. Don't Rush

Leaving a home of 20 or 30 years can be emotional and sad. Going through items will take time and that is OK. Keep the conversation focused on the new location and new opportunities while honoring the emotions that this change can bring. Focus on one room or closet at a time.

## 5. Set Deadlines

This will help you and your family members accountable. For example - set deadlines for charity pickups or set a timer to get packing done in a timely manner.

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## 6. Start a Folder or Safe with Important Documents

This helps to make sure important documents are not thrown away or given away. Important documents include your will, power of attorneys, medical records, military records, diplomas, birth certificates, and passports.

## 7. Ask Your Children to Collect Their Things

This will eliminate you from having to go through their belongings and can cut down on your packing time.

## 8. Settling In

As you settle into your new space, it may be a good idea to arrange furniture, decorations and drawers similar to how things were set up at the home. This helps to make it easier to adjust to a new place.

Throughout the entire process, maintaining a positive attitude is essential. Life at the senior living community will be what you make of it, so staying positive and keeping your sense of humor goes a long way.

Transitioning from your home is a major life change, but keeping these tips in mind can help you reduce stress and help you to enjoy this next chapter in your life!



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