

# Move in Timeline

Creating a timeline of tasks that need to be accomplished ahead of a move will assist in the organization and lower stressful moments!



## 6-8 Weeks Before the Move

- Contact a moving company and set your moving date or reserve your rental truck if family is moving you.
- Gather important documents such as medical records and tax documents and keep them in a safe place.
- Start mapping out where items will be placed in your new living space based on the floor plan you obtained after choosing your senior living community.
- Start going through belongings with family members and decide what will be moved and what needs to get sold, donated or stored.
- If necessary, arrange to rent a self-storage unit for belongings that will be dealt with at a later date.
- Purchase packing and moving supplies like boxes, bubble wrap, tape, etc.
- Submit a change of address form through your local post office, and if necessary, provide your new address to your current utility companies (water, electric, telephone, cable, etc.).
- Arrange special transportation for pets, if necessary.

## 4 Weeks Before the Move

- Begin packing items you won't need for the next month, such as knick-knacks, pictures and seasonal items.
- Plan a garage or estate sale to sell some of your unwanted belongings. Whatever doesn't sell should get donated to a local charity or could go into a storage unit.
- Contact your local bank to update your account information or designate a family member to manage your accounts.
- Schedule cut off day for your utilities
- Return borrowed items like library books or things you might've borrowed from neighbors or friends.

# Move-In Timeline

## 2 Weeks Before the Move

- Visit your senior living community again and identify where essential stores and businesses are located, such as banks, grocery stores, and pharmacies.
- Remind the people who are there to help you moving day about the moving date approaching, to make sure they are still available to help.

## 1 Week Before the Move

- Pack an “unload first” box with essential items such as prescriptions, cleaning supplies, paper plates, snacks, and toiletries.
- Give away plants that aren't being moved.
- Start packing clothing and aside only what you'll need for the next week or so.

## 2-3 Days Before the Move

- Make sure all boxes are labeled accordingly. You can even color-code boxes by room and create an inventory list to make unpacking a breeze.
- Disassemble furniture that is not being used.
- Clean out major appliances. Empty out the refrigerator and freezer.
- Confirm plans with the moving company. Make sure they know the address of your senior living community and how to get there. Also provide your phone number and the number of a helper in case they need to reach you.
- Prepare a backup plan in case of delays.
- Make sure medications are packed separately so you have them with you on the day of the move so they are easily accessible.
- Set aside anything that will travel in your car so that it won't be loaded up in the moving truck.

## Moving Day!

- Start early to avoid confusion and stress.
- Don't make any plans for this day other than the move.
- Double check the attic, basement and closets, kitchen and bathroom drawers and cabinets.

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