



Sierra Pointe

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Preparing for the Move

Moving can be stressful but it doesn't have to be. There are things you can do to alleviate some of the stresses incurred while preparing to move.

Take a look around and make decisions

Once you've decided to move you must make two lists: what you "must" take with you and what you "want" to take with you. The must list should include all items that will help you live comfortably in your new home. The want to take with you list will be the items that aren't necessary but rather emotional or decorative. Make your lists, make sure the items will fit into your new home, and then weed down that list to ensure a safe and happy environment exists.

Furniture

Measure each room in the apartment that you are moving to. Then go back and choose the pieces that will fit the best in your new home. If the furniture is going to make the living space too small or unsafe then treat yourself to a new piece of furniture. Of course you'll measure the furniture before purchasing it.

Make decisions together

The downsizing process is not easy for anyone. If you are having a hard time making decisions ask for help. A family member or friend is usually willing to help if able. They should help you through the process not hinder it or slow you down. This could be a good time to go over the heirloom pieces and discuss their ancestry. It's also a good time to mark pictures with dates and the people in the pictures. If you are out of time then set a date with your children to go over pictures later. This is the time to find humor in the process along with tears and upsets.

Goal setting

Set small goals. Working room to room is more manageable than trying to tackle the whole house in one day. Start in one corner and work your way around the room. Do not leave the room to put things in a different area until you are done in that room.

Mark items

Mark the items going with you with a Post-It Note. You can color code each item with different colored Post-Its marking who gets what (i.e.: Paula is pink, John is green, storage is yellow, etc.).

Choose professional help

Senior Move Mangers (Senior Relocation Experts) are hired to help you through the whole moving process. They will reduce your stress and make moving a lot easier. There are two types of Senior Move Managers:

Management of the move. These Senior Move Managers only project manage the move. They may help organize you but the rest of the move is done by other companies or subcontractors.

Senior Relocation Experts. These Senior Move Managers do most of the work themselves. These professionals will hire a mover to load, drive, and unload the truck, but they will the pack your belongings, monitor the movers, and set up your new apartment. They will also help you sell, donate, or throw out the items no longer needed or wanted. They also have other services available if needed.

Get referrals

The community that you are moving into can give you referrals for most vendors that you may need. They know many Realtors, movers, Senior Move Managers, etc. If you want more referrals call your local Chamber of Commerce. They can also supply you with a list of quality companies.