

Checklist for Moving into a Retirement Residence

2 Months Before the Move

- Finalize retirement community choice.
- Send suite deposit.
- Inquire about move-in restrictions (days/times).
- Pick a moving date.
- Call insurance agent to see if change in policy (rental vs. homeowner) is needed.
- Research senior move management services.
- Ask for a consult and decide if services are necessary.
- Get pricing for moving & shipping services (at least three).
- Once you've decided, book ASAP.
- Secure suite dimensions & create floor plan.
- Decide what furniture & other belongings will fit your new space.
- Take pictures to recreate setup of prior home.*
- Begin sorting items into three groups: Keep, Donate, Throw away.
- Gather what you absolutely must keep and then sort out the rest; gift what you can't keep to friends and family.
- Pack large items first to give yourself a sense of progress.
- Digitize DVDs, CDs, and photos to save space.
- Hire a junk removal company to do the heavy lifting for you.
- Order boxes, packing tape, bubble-wrap, and other supplies
- Fill out Canada Post change of address paperwork

*Key for Alzheimer's and Dementia patients



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1 Month Before Move

- Notify your physician of relocation, if moving out of the area ask for referrals in new area
- Schedule disconnection of utilities at old home
 - Phone
 - Internet
 - Cable
 - Water
 - Gas
 - Electric
- Begin packing non-essential items (towels, linens, etc.)
- Organize essential documents (passport, wills, etc.) and put them someplace where you will find them easily
- Label packed boxes by room and contents
- Separate valuable items to transport yourself
- Notify these services about change of address:
 - Banks
 - Mobile phone provider
 - Home and car insurance provider
 - Home security system
 - Credit card companies
 - Provincial Vehicle Registration
 - Drivers License
 - Health card
 - Pharmacy/prescription delivery program
 - Magazine and newspaper subscriptions
- Order new checks with new address, if applicable.
- Dispose of hazardous waste—paint, propane, etc.

2 Weeks Before the Move

- Confirm movers (date, time, pricing, number of movers, etc.)
- Continue packing
- Separate out daily necessities that can be packed at the last minute
- Pack suitcases with clothes and personal items
- Make sure all prescriptions are filled
- Take pictures of furniture and note any damages on an inventory sheet
- If applicable, book the elevator for moving day



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Moving Day

- Remove bedding and pack
- Pack remaining clothes, toiletries, and personal items
- Walk movers through the house & inform them of what to do
- Check each room for things left behind

At The Residence

- Place furniture and personal items similarly to how they were in the previous living space to avoid feeling disoriented.
- Assemble bedding & important personal spaces first (i.e. bedroom, bathroom)
- Begin unpacking essentials for kitchen, bathroom, living room
- Begin to enjoy your new life at All Seniors Care!