

# 8 STEPS TO A SUCCESSFUL MOVE INTO ASSISTED LIVING

*These steps will not only help make the transition into an assisted living facility easier, they will help alleviate some of the anxiety around the move.*

## 1. Communicate

Verbally acknowledge specific details about the move to create a realistic picture of what's to come. Discuss how much downsizing will be necessary by comparing the new living space's square footage to the current home.

## 2. Create a Plan

Map out the new space on graph paper, the computer, or use [an app](#). Measure furniture and visualize how it will be placed in the room. List items that will need to be purchased.

## 3. Enlist Help

Ask friends and relatives for help with packing. If budget allows, consider hiring a [senior move manager](#) that specializes in senior relocation.

## 4. Sort & Organize

Label boxes and furniture with color-coded sticky notes: green gets moved, red stays put, yellow means you'll decide later.

## 5. Donate & Fix

Donate unwanted items to charity, give them to family members, or discard. Enlist someone to clean and make home repairs after the move.

## 6. Plan Moving Day

Hire movers, or recruit volunteers and rent a truck. Get referrals and written estimates in advance.

## 7. Last Minute Prep

Pack a suitcase, similar to going on a weekend trip. Prepare a box labeled "essentials" with towels, toiletries, and other items needed immediately. Put this in the moving truck last.

## 8. Stay In Touch

Reach out to friends and family with the change of address information as well as utility companies, banks, and other key contacts. Be sure to file the change of address with the [USPS](#).