



Your MYLO Moving Checklist

1. Assess the Situation:

- Evaluate your parent's current living situation to determine whether it's safe, suitable, and conducive to their well-being. Look for signs of declining health or difficulty with daily activities.
- Are there any physician / medical assessments to do?

2. Communicate:

- Initiate conversations with your parents to understand their wishes, concerns, and feelings about the potential move. Listen attentively and be empathetic to their emotional needs.
- Consider presenting three options, to help make initial decisions less overwhelming.

3. Determine the Type of Move:

- Based on the assessment and discussions, decide on the type of move that best suits your parents' needs. This could involve moving to a new residence, modifying their current home, or exploring other options.
- Is Respite care something to consider in the interim?

4. Legal and Financial Planning:

- Review your parent's legal documents, such as their will, power of attorney, and advance directives. Ensure these are up to date and reflect their current wishes.
- Assess their financial situation, including income, savings, and expenses. Create a budget for the move and ongoing expenses.

5. Declutter and Downsize:

- Assist your parents in going through their possessions. Help them decide what to keep, donate, or discard. This process can be emotional, so provide support and encouragement.
- If downsizing, help your parent visualize how much less room may be at their new residence. For example, measure the closet racks in each place, “You have 10 linear feet of hanging space at the new house– before you had 30 feet...”

6. Plan the Move:

- Research moving companies, request quotes, and select a reputable one that specializes in senior moves. Create a detailed moving timeline and checklist, including packing and unpacking tasks.
- Gather quotes for companies that can help not only unpack but also really make the new home ready for your parent.

7. Visit Potential Residences:

- If your parents are moving to a new residence, visit several options to evaluate their suitability. Consider factors such as location, amenities, and cost to ensure it aligns with their needs and preferences.
- If you’re looking at Assisted Living, consider asking about how their long-term and/or Memory Care planning works.

8. Home Safety and Accessibility:

- Make necessary home modifications to ensure the new residence is safe and accessible. This may include adding handrails, ramps, and improved lighting.
- Consider having a pendant alarm for your parent to wear, should he/she fall and need help.

9. Healthcare and Medication Management:

- Coordinate healthcare services by finding healthcare providers in the new location and transferring medical records.
- Find new pharmacies in your parent’s area.
- Establish a medication management system to help your parents take their medications as prescribed.

10. Social Engagement:

- Plan for your parents to stay socially engaged by identifying local social activities, senior centers, or support groups.
- Are there shuttles or other drivers that can help transport your parent to an event?

11. Caregiver Support:

- If you'll be taking on a caregiving role, develop self-care strategies to manage the responsibilities effectively. Seek support networks and consider respite care options when needed.
- Look at services like Rite at Home to help provide necessary back up

12. Create a Personalized Action Plan:

- Develop a detailed action plan that outlines responsibilities, timelines, and tasks for everyone involved in the move. This plan will help keep the process organized and on track.
- Keep detailed timelines and deadlines for all moving parts, including any required medical appointments that need to happen prior to moving day, especially for those parents moving into an Assisted Living community.

13. Seek Professional Guidance:

- Consult with professionals experienced in senior move management, legal advisors, realtors, and healthcare experts for guidance on specific aspects of the move.

14. Stay Organized:

- Maintain organized records, including documents, contact information, and checklists, to ensure easy access to important information throughout the move.

15. Emotional Support:

- Offer emotional support to your parents throughout the process. Recognize that this can be a challenging time for them, and provide reassurance and understanding. Seek support for yourself from friends, family, or a counselor if needed.

16. Post-Move Adjustment:

- Help your parents settle into their new environment by assisting with unpacking, organizing their new home, and addressing any post-move challenges or concerns that may arise.
- Consider making "I/we've moved" postcards, announcing your parent's new location. Have friends, family and grandchildren send "move in cards," to help welcome your parent(s).