

# Checklist for Moving Elderly Parents

A Complete Step-by-Step Planning Guide

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## ● QUICK ANSWER

Moving elderly parents requires careful planning across five key areas: **logistics, medical coordination, emotional preparation, finances, and home safety**. Start planning at least 90 days in advance. The biggest challenges are often emotional resistance, managing health records, and setting up a safe new living space before move-in day.

## 90 DAYS BEFORE THE MOVE

- ☐ Schedule a care needs assessment with their primary doctor
- ☐ Research housing options: aging in place with modifications, independent living, assisted living, or memory care
- ☐ Meet with an elder law attorney to review or update power of attorney, healthcare directives, and wills
- ☐ Review finances and understand what the move will cost
- ☐ Begin sorting belongings with your parent — slowly and compassionately
- ☐ Notify Medicare, Medicaid, and any supplemental insurance of the upcoming address change

## 60 DAYS BEFORE THE MOVE

- ☐ Hire a moving company experienced with senior relocations
- ☐ Arrange for home safety modifications at the new location: grab bars, ramp access, bathroom rails, and non-slip flooring
- ☐ Request copies of all medical records and transfer prescriptions to a pharmacy near the new home
- ☐ Update legal documents with the new address
- ☐ Coordinate utilities, mail forwarding, and any home health services

## 30 DAYS BEFORE THE MOVE

- ☐ Do a final walkthrough of the new space with your parent
- ☐ Arrange for familiar furniture and meaningful objects to be set up first
- ☐ Confirm all medical appointments and introduce your parent to any new providers
- ☐ Create a simple daily routine document for the new home
- ☐ Prepare an overnight bag with medications, comfort items, and important documents

## MOVE DAY

- ☐ Have a trusted family member or friend stay with your parent throughout the day
- ☐ Set up the bedroom and bathroom first so they feel grounded immediately
- ☐ Keep the schedule simple — no other obligations that day
- ☐ Stay for the first meal and help establish a familiar routine right away

## FIRST 30 DAYS AFTER THE MOVE

- ☐ Check in daily, even briefly, for the first two weeks
- ☐ Watch for signs of depression, confusion, or physical decline
- ☐ Attend any new provider appointments with your parent
- ☐ Be patient — adjustment takes time, sometimes several months

### ■ WARNING SIGNS — When to Call the Doctor

If you notice any of the following after the move, request a cognitive evaluation promptly:

- ☐ Forgetting the layout of the new home after several weeks
- ☐ Confabulation — telling detailed stories about events that did not happen
- ☐ Not recognizing familiar family members
- ☐ Becoming aggressive or fearful without clear cause

☐ Refusing meals, medications, or personal care

☐ Significant personality changes or sudden confusion

#### ■ HELPFUL RESOURCES

|                                            |                                                                            |
|--------------------------------------------|----------------------------------------------------------------------------|
| Eldercare Locator (Area Agencies on Aging) | <a href="https://eldercare.acl.gov">eldercare.acl.gov</a>   1-800-677-1116 |
| Find a CAPS Professional                   | <a href="https://nahb.org/caps">nahb.org/caps</a>                          |
| Alzheimer's Association Helpline           | <a href="https://alz.org">alz.org</a>   1-800-272-3900                     |
| Medicare Coverage Information              | <a href="https://medicare.gov">medicare.gov</a>                            |

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