Your Final Move Checklist

Use this comprehensive checklist as your final review before, during, and after your move. Check off each item as you complete it — progress is its own reward.

Write in who owns each task and when it's due.
Print one copy for the family, or one per person. Keep it where everyone can see it.

Before the move

STAGE 01 · PLANNING AND PREPARATION

	TASK	WHO OWNS IT	DUE
	PLANNING PHASE		
☐	Hold initial family conversation		
☐	Review financial documents and budget		
☐	Research and tour senior communities		
☐	Choose your new home or community		
☐	Meet with a senior-focused Realtor		
☐	Request a home valuation		
☐	Choose your selling strategy		
	PREPARATION PHASE		
☐	Create a room-by-room declutter plan		
☐	Sort belongings into Keep, Gift, Donate, Discard		
☐	Arrange an estate sale or donation pickups		
☐	Complete minor home repairs		
☐	Deep clean and stage the home		
☐	Schedule professional photography		
☐	List or begin the sale process		

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During the move

STAGE 02 · THE MOVE ITSELF

	TASK	WHO OWNS IT	DUE
	MOVING PHASE		
☐	Hire a senior-specialized moving company		
☐	Confirm move-in date with new community		
☐	Pack room by room with clear labels		
☐	Prepare "Open First" box for each person		
☐	Notify USPS of address change		
☐	Update address with bank, doctors, and insurance		
☐	Transfer or establish new utilities		
☐	Do final walkthrough of old home		

After the move

STAGE 03 · SETTLING IN

	TASK	WHO OWNS IT	DUE
	SETTLING IN PHASE		
☐	Unpack essential items first		
☐	Arrange familiar photos and decor		
☐	Introduce yourself to neighbors		
☐	Attend one community event		
☐	Establish a daily routine		
☐	Schedule first family visit to new home		
☐	Celebrate — you did it!		

Every family's timeline is unique.

Use this as a guide, not a rigid prescription — and ask for help when you need it.

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