



## Senior Moving Strategies That Will Remove Stress from the Process

Moving to a new home can be a complicated, exhausting process for many seniors, which is why finding the right resources to help out is so important. Fortunately, there are many online and senior-specific services available these days that will assist with planning and executing a move so you can have peace of mind throughout. From preparing your current home to sell to getting ready for moving day, there are so many things to think about that you may easily feel overwhelmed. Having a senior move manager can help immensely, as can doing some research to find out what your new home will need for your comfort or safety.

Here are a few suggestions on how you can make your move as easy as possible, presented to you below by the [Ben Wilson Senior Activity Center](#).

### Tackle the finances

Buying a home, selling a home, and moving all require financial layouts of different kinds, so it's essential to be prepared for the costs. Before you make any moves, look for a [home-value](#)

[calculator](#) online that will tell you how much your current house is worth. Once you have a solid number in mind, you can assess whether you need to make some updates that will boost the sale price as well as create a budget for buying your next home. If you need a new mortgage, take steps to get pre-approved in order to make that process as painless as possible. For example, make sure you look into [conventional loan requirements](#) to ensure you qualify for this type of mortgage. Prepare for things like closing costs and set a budget for moving day, which might include payment for the movers, a senior move manager, and/or the cost of gas and meals.

## Assess your needs

Once you have some of the financial details nailed down, you can begin thinking about what your specific needs are. This will help you decide which services to hire for the big day. If you're downsizing, for instance, you may need help going through your belongings to figure out what you want to take with you, what you want to sell or donate, and what can be [tossed](#). The decluttering process can be exhausting, but a senior move manager can help so you're not overwhelmed. This can be especially helpful if you have family members who live far away, or if you need [assistance](#) with using online tools to sell items.

## Get more in-depth help

Need a wider range of assistance? There are senior move services [available](#) around the country that help older adults make smooth transitions to their new homes. These can be especially helpful if you're moving to a senior care facility and need a team to help you get organized throughout the moving process since they have access to tools that will allow you to visualize what your furniture will look like in the new place. They also provide services for packing, removing trash, and cleanup after the move is finished.

## Find the right movers

If you just need basic moving services, do some research on the companies in your area and read reviews of their work from past clients before asking for a quote. Be sure to ask what their total fees are—including their by-the-mile cost—and whether they offer senior [specials](#), as many of them do. You can also look for discounts on review sites as you're doing research online.

## Keep safety a priority

Whether you choose to hire a senior move service or rely on family members for help, it's essential to make your safety a priority throughout the entire process, from start to finish. This means knowing your limits when it comes to lifting or packing, taking breaks to hydrate and eat, and getting emotional support from friends and loved ones as you go through your belongings.

Protecting your physical and mental health during a move is crucial, so come up with a schedule and start planning as soon as possible.

It's also important to take steps to ensure that your new home is as safe as possible before you move in. Non-slip mats, ramps, handles rather than doorknobs, and raised toilets are all easy [additions](#) to a new home that will prevent accidents.

## Get to know the neighborhood

Before moving day, it's a good idea to get to know the area you'll be living in, and there are plenty of [apps](#) that can help with that. You can learn about the crime rate, find out where post office and library locations are, and introduce yourself to your new neighbors with just a few clicks of a button, and this will help give you peace of mind as you prepare for the big day. It can also be helpful to visit the area in person. Take a walking tour of the neighborhood, if possible, so you'll feel right at home immediately.

## Make moving day a breeze

You've planned, organized, and prepared as much as possible, and now the big day is here. How do you make sure it's a smooth ride from start to finish? Keep in mind that even the best-laid plans can go awry, so it's a good idea to have a backup plan if possible; for example, you might ask friends or loved ones to help transport items in their vehicles in the event that the movers have a setback. You can also create a [plan](#) for your pets to keep them safe and comfortable during all the action, such as by hiring a pet-sitter or keeping them in a portable kennel.

Moving day doesn't have to be stressful. With so many services and resources at your disposal, you can ensure that the process is streamlined and organized in order to keep stress at bay. This will help you enjoy the move to your new home all the more.

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