Moving Timeline

Planning the move, step by step

Check off each step as you go. **Move date:** _____ **New address:** _____

Main contact at the new place: _____ **Phone:**

_____

_____

_____

4 to 6 weeks before

- ☐ Ask my parent what they want to bring, and who they want there on move day
- ☐ Get the floor plan, room measurements and the list of furniture provided
- ☐ Meet the staff; share a one-page summary of my parent's routines and history
- ☐ Ask about rules on belongings, furniture and electrical items
- ☐ Talk with an elder law attorney before any decision about the house (Chapters 10 and 13)

2 to 4 weeks before

- ☐ Choose and measure the furniture; label clothing, glasses, hearing aids and dentures
- ☐ Make a dated list, or photos, of what goes with my parent
- ☐ Decide what goes to family; decide together where valuables will be kept
- ☐ Line up movers or helpers (references and prices in writing)
- ☐ Confirm the doctor, the medicine list and how prescriptions will be handled
- ☐ Copy the power of attorney, health care proxy and advance directive (Chapter 7)

The week before

- ☐ Change of address with the Postal Service
- ☐ Address change with Social Security (this updates Medicare)
- ☐ If my parent gets SSI: plan to report the move by the 10th of the month after the move
- ☐ If my parent has Medicaid: tell the state Medicaid office
- ☐ Medicare Advantage or drug plan: check whether it still works (Chapter 13 for moves out of the area)
- ☐ Update banks, insurance and bills (Chapter 16)
- ☐ Finish the admission paperwork (don't sign as a personal guarantor; see Chapter 14)
- ☐ Empty house: locked, utilities set, someone checking on it, insurer told

Move day

- ☐ Room set up before my parent arrives
- ☐ Someone my parent knows stays with them
- ☐ Stay for a meal or an activity; say when I'll be back

The first 30 days

Week	How my parent seems (eating, sleeping, mood)	What I told staff

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1		
2		
3		
4		

☐ Read the bed-hold policy (nursing home)

☐ Care plan meeting date: _____ My questions: _____

Tell the nurse promptly if I see: a fall or injury · not eating or weight loss · a big change that isn't settling. **Sudden confusion or a rapid change in alertness:** urgent medical assessment. **Emergency:** call 911.

After the first month

☐ Next care plan meeting: _____

☐ Family council meeting dates (if there is one): _____

☐ Ombudsman phone number: _____

☐ Decide about the house, with advice: _____

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