

# Making the Move: How to Stay Organized and Reduce Stress

## Coordinating the move, the home, and everything in between

### WHY THIS STEP FEELS CHAOTIC

The move is where everything comes together:

- The timeline
- The home
- The logistics
- The emotions

**Without a plan, this is where most families feel overwhelmed.**

### 3 Simple Phases:

#### 1. Plan the Move

- Timeline
- Who is helping
- What needs to happen first

#### 2. Prepare & Pack

- Downsizing decisions
- Organizing belongings
- Getting essentials ready

#### 3. Execute the Move

- Moving day logistics
- Transition into the new space
- Handling the home



**Break the move into phases  
—not one big event**

**Most stress comes from  
trying to do all three at once.**

**Not every move happens the same way**

- Use these guides as tools
- Use in total or in part
- Mix and Match to serve your purpose

### CHOOSING YOUR TIMELINE

#### Fast Move (30 Days or Less)

Best when:

- Urgent situation
- Health or safety concern

Focus:

- Essentials only
- Quick decisions
- Move first, organize later

#### Planned Move (6–8 Weeks)

Best when:

- Time allows
- More coordination needed

Focus:

- Structured downsizing
- Preparing the home
- Smoother transition

## COMMON MISTAKES TO AVOID

- Trying to move everything at once
- Waiting too long to start packing
- Not prioritizing essentials
- Overcomplicating decisions



## Simple and focused beats perfect every time

“Even a few hours of progress can make a big difference”

## WHAT TO FOCUS ON FIRST

If you're not sure where to start:

1. Confirm move date
2. Identify essentials for the new space
3. Begin packing non-essential items
4. Use your checklist to stay organized



**Progress—even small progress—reduces stress quickly.**

**The goal IS NOT a perfect move.**

**THE GOAL IS A SAFE, SMOOTH TRANSITION.**

**Everything else can be handled after.**

If you're in Houston and need help figuring out next steps, I'm happy to walk through your situation and help you create a simple plan.

Call or Text 602.327.1244

[dan@movemomtx.com](mailto:dan@movemomtx.com)



# Tools to Move you Forward

## This is one part of The Senior Move Roadmap - Houston Edition

A 7 Step System to help families move a parent out of the home and into the right next stage—without delays, confusion, or costly mistakes.

**THE SENIOR MOVE ROADMAP™ - Houston Edition**  
A 7 Step System to help families move a parent out of the home and into the right next stage—without delays, confusion, or costly mistakes.

**Step 1: Is it Time?**

- Signs it's time
- What happens if you wait
- First steps

**Step 2: Have the Conversation**

- How to approach
- Common objections
- Follow Up
- Ideas to move forward

**Step 3: Make the Plan**

- Create a Timeline
- Move-first vs Sell-first
- Coordination
- Finding Support

**Step 4: Understand the Costs**

- Types of facilities
- Costs associated with each
- How it's paid for
- Next Steps

**Step 5: Choose the Right Place**

- Comparison tool
- Questions to ask
- Red flags to watch for

**Making the Move is one step in a larger plan to help families move a parent safely and smoothly. It's normal to go back and forth between the steps.**

**Decide – Recognize it's time to act**

**Plan – Create a timeline and approach**

**Choose Care – Find the right living option**

**Understand Costs – Know how it will be funded**

**Prepare the Home – Downsize and get organized**

**Move – Coordinate the transition**

This guide will help you take the next step—  
Making the Move without feeling overwhelmed



Is it Time?



Have the Conversation



Make the Plan



Understand the Costs



Choose the Right Place



Prepare the Home



Make the Move

If you're in Houston and need help figuring out next steps, I'm happy to walk through your situation and help you create a simple plan.

Call or Text 602.327.1244

dan@movemomtx.com



# Your Move Toolkit

## Your Move Toolkit

You don't have to keep everything in your head or figure this out as you go. These tools are designed to give you structure, keep you organized, and help you focus on the right things at the right time—whether your move is happening quickly or over several weeks.

**Use the tool that matches your timeline and situation.**



### Assisted Living Essentials List



### 30-Day Moving Checklist

Best for: Fast, urgent moves

- Focuses on essentials
- Keeps you on track when time is limited



### 8-Week Moving Timeline (Click Here)

Best for: More planned transitions

- Step-by-step weekly breakdown
- Helps reduce last-minute stress



### Room-by-Room Inventory Checklist

Best for: Staying organized

- Track what's moving
- Avoid confusion
- Simplify packing



### Decluttering Checklist

Best for: Reducing overwhelm

- Helps decide what stays vs goes
- Keeps the process moving



# Assisted Living Essentials List

Use this checklist to help prepare for the transition to assisted living. Customize it to fit your unique situation and preferences.

## Personal Clothing & Accessories

- Comfortable everyday clothes (pants, shirts, sweaters)
- Sleepwear and robe
- Undergarments and socks
- Non-slip shoes and slippers
- Seasonal outerwear (coat, hat, gloves)
- Special occasion outfit
- Favorite blanket or shawl
- Lightweight sweaters or cardigans for layering
- Extra pairs of prescription glasses (backup set)
- Jewelry for daily wear (costume, not valuables)
- Belts or suspenders if needed for comfort

## Personal Care Items

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Deodorant
- Razor and shaving cream
- Hairbrush or comb
- Skincare products
- Makeup (if used)
- Eyeglasses and case
- Hearing aids and batteries
- Denture care supplies (cleaner, adhesive, storage cup)
- Incontinence products (pads, briefs)
- Nail care kit (clippers, file)
- Lip balm and lotion for dry skin

## Medications & Health Supplies

- All current prescriptions (clearly labeled)
- Over-the-counter medications (permitted by facility)
- Medical equipment (walker, cane, wheelchair)
- Blood pressure monitor (if needed)
- Extra hearing aid batteries
- List of all medications with dosages
- Pill organizer or dispenser
- Oxygen equipment
- CPAP machine (if applicable)
- Copies of prescriptions in case of pharmacy transfers
- Thermometer

## Household & Comfort Items

- Bedspread or comforter from home
- Pillow(s) & Extra Blankets
- Towels and washcloths
- Favorite small furniture piece (chair, side table)
- Favorite Framed Photos

\*\*Once your new home is selected be sure to check with them for a specific list of items that are allowed.\*\*

# 30 Day Moving Checklist



*Moving is a monumental task. Here's how to spread it out over the course of a month for maximum success.*

- Day 01** Take inventory of everything you'll need to move.
- Day 02** Invest in packing supplies, including: boxes, bubble wrap, packing tape, and markers for labeling.
- Day 03** Create "to throw away," "to donate," and "to sell" boxes and/or piles.
- Day 04** Make your inaugural trip to the landfill and the donation center.
- Day 05** Compare moving companies and self-storage facilities.
- Day 06** Make your reservations with professional movers and a self-storage facility.
- Day 07** Gather important documents—like passports, mortgage papers, insurance portfolios, and medical records—and put them in safe place ahead of the move.
- Day 08** Change your address with an official mail forwarding form. Notify banks, insurance companies, and subscription services of your move.
- Day 09** Start, stop, or transfer your utility services.
- Day 10** Notify your friends, family, and neighbors of your move.
- Day 11** After performing a second round of sorting, take another trip to the landfill and the donation center.
- Day 12** Create online listings for items you want to sell.
- Day 13** Check your prescriptions and make sure you have enough to make it through the move. If not, order more today.
- Day 14** Plan your travel route. This is especially important if you're moving cities, flying, or taking multiple days in transit to reach your new home.
- Day 15** You're halfway there. Begin packing lesser-used items in your home, such as fine dishware, seasonal items, and books.
- Day 16** Take a(nother) tour of your new place. This can help you determine whether you'll need to do more downsizing.
- Day 17** Continue packing lesser-used items in your home. Invite a friend over for help.
- Day 18** Take care of your yard, day one. Make sure everything is accounted for and straightened up before you leave.
- Day 19** Take care of your yard, day two. Some yards require two days of maintenance.
- Day 20** Speak with your landlord about any property services that need to be scheduled before you leave.
- Day 21** Begin a room-by-room packing tour of your house. Start by clearing out foods in your kitchen.
- Day 22** Move to your bathrooms and pack-up toiletries and linens that will not be used before the move.
- Day 23** Call your movers a week in advance to make sure they are still coming on your scheduled day.
- Day 24** Tour the remaining rooms in your house and pack up anything that will fit into a box. Leave out electronics and other essential appliances, as you may want to use them.
- Day 25** Begin packing up your bedroom. Start with your closets, dressers, and desks.
- Day 26** Finish packing up your bedroom. Be sure to leave a few clothes and essentials free for the remaining few days.
- Day 27** Perform one final day of yardwork or exterior cleaning before vacating your premises. (This is especially important if you're renting.)
- Day 28** Vacuum, mop, and wipe down your house. Pack up all electronics.
- Day 29** Check in with your movers one last time and pack a day-of bag.
- Day 30** Get to sleep early before the big day.

# TAKE A HOME INVENTORY



Taking stock of your possessions is an important part of any move. Doing it with a home inventory can help bring order to the flurry of purging and packing activities that can otherwise overwhelm the process. Print this list out to help you catalogue items as you pack up each room. And keep it in a safe place (with receipts, if you have them) once you arrive at your destination; a home inventory can prove invaluable in the event that you ever have to make an insurance claim. If you prefer to create a digital inventory, try a smartphone app like Digital Locker, which lets you create a digital inventory and either save it on your smartphone or back it up to the cloud.

## living room

	Original Price	Year of Purchase	Model or Serial #
Carpeting / rugs			
Sofas			
Coffee table / side tables			
Table & chairs			
Media center			
Shelves			
Curtains / blinds			
Lamps / light fixtures			
Art / clocks / wall décor			
Fireplace fixtures			
Miscellaneous items			

**TIP:** Take photos and video of every room, focusing on any significant items.

## bathroom(s)

	Original Price	Year of Purchase	Model or Serial #
Cabinets / chests			
Mirrors			
Room décor			
Bath towels			
Clothes hamper			
Medicine cabinet contents			
Hair dryers / curlers			
Electric shavers			

**TIP:** Consider using towels or other linens to wrap household items.

# TAKE A HOME INVENTORY



## kitchen + laundry

	Original Price	Year of Purchase	Model or Serial #
Cabinets / shelving			
Table & chairs			
Dishware / flatware / glassware			
Pots / pans			
Clocks / wall décor			
Refrigerator			
Stove			
Microwave			
Dishwasher			
Electrical appliances			
Washer / dryer			
Ironing board			
Steamer			
Vacuum cleaner			

**TIP:** Don't forget items behind pantry doors, in cabinets and in any drawers.

## electronics

	Original Price	Year of Purchase	Model or Serial #
Television #1			
Television #2			
Camera / video equipment			
Computer / laptop			
Computer accessories (printer, external hard-drives)			
Speakers/stereo system			
DVD player			
Telephones			
Mobile phone			
Tablet (iPad, Kindle, etc.)			
Video game systems			

**TIP:** Take a picture of how cords are connected to electronics so you can reconnect them easily later.

# TAKE A HOME INVENTORY



## family room + office

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Art / clocks / walldécor			
Carpeting / rugs			
Sofas			
Curtains / blinds			
Table & chairs			
Desk & contents			
Bookcases			
File cabinet			
Media center			
Lamps / light fixtures			

**TIP:** Don't overlook small but potentially valuable items, like personal collections.

## dining room

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Rug			
Table			
Chairs			
China cabinet / buffet			
Curtains / blinds			
Silver ware			
China			
Glassware			
Tablecloths / napkins			
Art / wall décor			
Lamps / light fixtures			

**TIP:** Tape doors of cabinets or other furniture closed for the move.

# TAKE A HOME INVENTORY



## bedrooms

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Bedframe			
Mattress			
Linens			
Nightstand			
Dresser			
Jewelry			
Bookcase			
Desk			
Chair			
Mirror			
Lamps / light fixtures			
Closet accessories			
Clothes / shoes			

**TIP:** Check in with your insurance agent about valuables – jewelry, for instance – to make sure your coverage limits are adequate to cover a potential loss.

## garage + outdoors

Original Price

Year of Purchase

Model or Serial #

	Original Price	Year of Purchase	Model or Serial #
Sporting equipment			
Tools			
Lawn mower			
Ladders			
Work bench			
Grill / barbecue equipment			
Storage equipment			
Lawn furniture			

**TIP:** Drain fuel from any power equipment before your move.



# Downsizing Checklist by Room

## BEDROOM – PRIORITIZE COMFORT & NECESSITY

### ✓ Keep:

- Bed frame & mattress (if suitable for new space)
- Essential bedding (2-3 sets of sheets, 1-2 comforters)
- A small selection of seasonal clothes (use the one-year rule: If you haven't worn it in a year, donate it!)
- Nightstand & reading lamp

### ✗ Donate/Discard:

- Extra or unused furniture (dressers, chairs, bedside tables)
- Excess linens, blankets, and throw pillows
- Old or unused clothing, shoes, and accessories
- Bulky or duplicate items (like extra lamps or nightstands)

## KITCHEN – STREAMLINE TO EVERYDAY ESSENTIALS

### ✓ Keep:

- A small set of dishes (2-4 plates, bowls, mugs, and glasses)
- Basic cookware (1-2 pots, 1-2 pans, baking sheet)
- Everyday utensils (silverware, a few serving spoons)
- 1-2 appliances used daily (e.g., coffee maker, microwave)

### ✗ Donate/Discard:

- Specialty kitchen gadgets rarely used (waffle makers, bread machines, etc.)
- Excess cookware, plates, and glassware
- Expired pantry items and spices
- Large or duplicate appliances
- Excess Tupperware with missing lids

## LIVING ROOM – KEEP IT FUNCTIONAL & COZY

### ✓ Keep:

- Comfortable seating (downsized sofa or favorite armchair)
- A few sentimental decor pieces (framed photos, heirlooms)
- A small bookshelf or storage unit for organization
- TV or entertainment system (if used regularly)

### ✗ Donate/Discard:

- Large, heavy furniture that won't fit in the new space (china cabinets, oversized coffee tables)
- Excess decorative items (vases, figurines, artwork)
- Extra furniture that won't serve a purpose in the new home
- Outdated media (DVDs, CDs, VHS tapes)

## BATHROOM – DECLUTTER & ORGANIZE FOR EFFICIENCY

### ✓ Keep:

- Everyday toiletries (limit to one of each item)
- Essential towels (2-4 bath towels, 2 hand towels, 2 washcloths)
- Small first-aid kit
- A few storage bins for organization

### 🚫 Donate/Discard:

- Expired medications and skincare products
- Old or unused makeup and beauty supplies
- Worn-out or mismatched towels and washcloths
- Excess travel-size toiletries from hotels

## HALLWAY / ENTRYWAY – REDUCE CLUTTER & IMPROVE ACCESSIBILITY

### ✓ Keep:

- A small console table or key holder
- Coat rack or hooks for outerwear
- A daily use bag or purse
- Walking cane, mobility aids (if needed)

### 🚫 Donate/Discard:

- Old or unworn coats, hats, and shoes
- Stacks of unread mail and paperwork
- Decorative clutter (extra vases, small furniture)

## LAUNDRY ROOM – ONLY KEEP THE ESSENTIALS

### ✓ Keep:

- Laundry detergent, fabric softener, and stain removers
- 1-2 laundry baskets
- An iron and ironing board (if regularly used)

### 🚫 Donate/Discard:

- Old, worn-out cleaning rags
- Expired cleaning supplies
- Extra or broken hangers

## STORAGE SPACES (GARAGE, ATTIC, BASEMENT, CLOSETS) – DECLUTTER DEEP STORAGE

### ✓ Keep:

- Important paperwork (store in labeled folders)
- Essential tools (hammer, screwdriver, flashlight)
- Sentimental items (limit to one small box or digitize)

### 🚫 Donate/Discard:

- Old holiday decorations that aren't used
- Extra tools, sports equipment, and duplicate hardware
- Boxes of "someday" items that haven't been touched in years
- Old furniture, broken appliances, outdated electronics