

Moving into your new home at a retirement community





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Introduction

Ah, moving. It's never fun. Between all of the cleaning, packing, and overall logistics, moving can be an overly strenuous process that can lead even the most young and spry to become over-stressed. Throw in the added emotional element of leaving one's long-time home for a senior living community, and moving can become even more daunting.

Never fear! We've compiled some tips to help your move to a senior living community easier and (more) stress-free.

Downsizing

Most of us are guilty of having too much stuff. As rewarding as it feels to purge unwanted clutter, deciding what stays and goes can be emotionally difficult. (What if I need that broken stand mixer one day?!) If you get stuck on deciding whether to keep or toss something, ask yourself these questions:

- Have I used it in the past year?**
- Do I know someone who could use this more than me?**
- Does this thing bring me joy?**

(It sounds silly but it's true—Life is short. Choose to hold on to things that bring you happiness!)



Telling your neighbors

Just because you're moving doesn't mean you need to leave everything behind—especially people! If your move to senior living means leaving a long-time home for a new adventure, chances are you've had neighbors whom you've grown close with throughout the years. Don't be afraid to include them in this fun new transition. Here are a few ideas on how to keep in touch with neighbors and honor your long-term relationships:

- Make sure your friends know your new phone and address (and that they're welcome to visit!)**
- Once you get settled in, host a housewarming party in your new senior living apartment.**



Packing

Now it's time to get down to the nitty-gritty. Start packing up all your essentials and everything you need in the move at least a week before the move-in date, and don't hesitate to call on family and friends for help. You can never recruit enough bodies for a move. Seniors, especially, need help during this phase: Packing is physically taxing!

A home can become quite the mess in the buildup to a move, and you'll want to keep some amount of sanity in knowing where everything is. Here are some ways to make packing easier:



- Try to keep boxes with each other.**
As in, bedroom boxes together and all the kitchen boxes together.
- Label boxes clearly.**
(Better yet, consider using clear Tupperware bins so you can easily see what's inside!)
- Think ahead.**
After boxes are packed, they need to be physically moved. Avoid packing lots of heavy things in the same box and use bags with handles or suitcases with wheels whenever possible.

Settling in

Once the move has been completed, it's time to make your apartment really feel like your own home. You don't have to dig into unpacking right away—it's probably been a long, stressful and tiring day—but maybe bring out your favorite blanket, wall art or mantle decoration.

Don't waste any time in exploring and getting to know your space, and your community at large. After you've walked through your apartment a couple times, go on a tour of the community. You might get a guide in your first days to show you

around, but take time to feel things out for yourself and ask questions like:

- **What are the dining hall hours?**
- **Who can I call if I need help?**
- **Where can I get a calendar of this month's activities?**

Once you do start unpacking seriously, arrange your furniture and set up to your preferences. It's your home from now on, so make it yours!




Meet new friends

Finally, what's a new home without some new friends? Retirement communities are surprisingly great places to meet people with common interests, and, because communities have dynamic calendars full of fun activities, all of the prep work included in trying something new is completely taken care of.

A key way to meet new friends in a community is by taking part in the events, activities and outings.

Here are some tips on how to get involved:

- **Know where your community's activity calendar is posted and how to sign up for activities**
- **Invite other residents and neighbors to attend activities with you.**
- **Have an idea for a fun activity? Bring it up to your community's Lifestyle & Leisure Director!**



A retirement community's greatest resource is its people—both residents and staff—so making an effort to meet new friends always pays off.



Conclusion

The moving process can be a daunting one for senior, but everything can go a lot easier if you take the time to prepare each phase of the move.

Making a retirement community feel like home takes a lot more than decorating your apartment. Home is about people, so be sure to include your family, talk about your move with friends, and meet as many new people as you can in your new community. You won't regret it!

Want to learn more about planning your retirement? Contact Milestone Retirement today. We can help find the best fit for you and your family.



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