

# Senior Moving Checklist

Following are some steps to help ensure an easy transition to your new neck of the woods!



## **Gather medical/dental records to share with new providers, & also:**

- Ask for new-patient paperwork in advance so you can complete it ahead of appointments
- Make a cheat sheet of medical/family health history for use across multiple providers
- Review who can access your HIPAA-protected medical information in case updates are needed
- Compile a list of current medications, including names & dosages
- Research/choose a pharmacy in your new area



## **Check your insurance coverage.**

While Medicare is a national insurance program, private supplemental insurance may be tied to specific coverage areas. Therefore, changes may be necessary.



## **Plan ahead for transportation, if needed.**

Research/choose public transportation, paratransit or another senior transportation service in your new area.



## **Keep in touch!**

Make sure that you have up-to-date contact info for friends & family & consider sending out a change-of-address card/email to anyone you'll miss.



## **Ask for help.**

Whether you need assistance paring down your possessions, packing your belongings or moving heavy objects, don't be afraid to ask friends, neighbors & loved ones for help.



## **Make new friends.**

Look for local opportunities to meet new people, such as rec center classes, book or hobby clubs, places of worship & events within your new town or neighborhood.