



## SENIOR MOVE

### 3 MONTHS BEFORE THE MOVE

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**Inform Family and Friends:**

- ◆ Discuss the move with relatives or friends early on to secure their support.

**Inspection Appointment with Umzugsservice Zürich GmbH:**

- ◆ To professionally calculate the total workload, Umzugsservice Zürich GmbH offers our valued clients a free and non-binding inspection appointment, allowing you to benefit from a carefully prepared and as accurate as possible quote.

**Evaluate New Living Situation:**

- ◆ Visit the new home to ensure it meets specific requirements (accessibility, safety, emergency systems).

**Determine Care Level:**

- ◆ If a care level is in place, check whether the move can be subsidized by the care insurance.

**If Moving to a Care Home:**

- ◆ Confirm the available space and capacity in the care home.

**Start Decluttering:**

- ◆ Go through your belongings and decide what to take, give away, donate, or dispose of.

**Terminate Lease Agreement:**

- ◆ Cancel the current lease, ensuring you adhere to the notice period.

### 2 MONTHS BEFORE THE MOVE

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**Notify Address Change:**

- ◆ Inform authorities, banks, insurance companies, doctors, pharmacies, and the postal service about your new address. Submit a forwarding request with the postal service.





**Review Insurance Policies:**

- ◆ Check your insurance coverage and make adjustments if necessary (e.g., household insurance).

**Organize Decluttering:**

- ◆ If needed, arrange for decluttering services or bulk waste collection.

**Plan Household or Apartment Clearance:**

- ◆ Plan the clearance of the old residence if required.

**Request Moving Helpers:**

- ◆ If conducting the move yourself, ask family, friends, or professional movers for help and rent a moving van.

**Dismantle Bulky Furniture/Kitchen:**

- ◆ Plan in advance which furniture or kitchen components need to be disassembled.

**Set Up a No-Parking Zone:**

- ◆ If necessary, arrange for a no-parking zone and adhere to required deadlines.

**Check Heavy-Duty Transport or External Lifts:**

- ◆ If large or heavy furniture needs to be moved, determine if an external lift or heavy-duty transport is required.

## 1 MONTH BEFORE THE MOVE

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**Organize Care Services:**

- ◆ If necessary, arrange for caregivers or household assistance in the new home.

**Ensure Medical Care:**

- ◆ Find new doctors, pharmacies, and hospitals in the new area well in advance.

**Start Packing:**

- ◆ Begin packing items that are rarely used, such as decorations, books, or seasonal clothing.





## Plan Furniture Transport:

- ◆ Decide which furniture to take, sell, or donate.

## Secure Valuables:

- ◆ Ensure that valuable and sentimental items are securely packed and transported separately.

## Use Up Supplies and Perishable Food:

- ◆ Use this time to consume perishable food and reduce your stock of groceries.

## 2 WEEKS BEFORE THE MOVE

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### Label Boxes:

- ◆ Clearly label all packed boxes with the room they belong to in the new home.

### Get Moving Boxes and Tools:

- ◆ Purchase sturdy moving boxes, furniture dollies, and other necessary tools for the move.

### Prepare Important Documents:

- ◆ Collect all essential documents (e.g., lease agreement, medical records, insurance papers) and keep them in a safe, easily accessible location.

### Prepare the New Home:

- ◆ Create a furniture layout plan for the new home and prepare the space by covering floors with protective film and cleaning the rooms.

## 1 WEEK BEFORE THE MOVE

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### Make Final Preparations:

- ◆ Pack the remaining items you will need until moving day.

### Keep Medications and Essentials Handy:

- ◆ Pack necessary medications and other important items for moving day in a separate, easily accessible bag.





## Read Meter Readings:

- ◆ Plan to record the meter readings for electricity, water, and gas on moving day.

## Organize Key Handover:

- ◆ Coordinate with your landlord regarding the handover of keys for the old residence.

## Empty the Mailbox:

- ◆ Ensure the mailbox is cleared before leaving.

## Defrost Refrigerator and Freezer:

- ◆ Start defrosting your fridge and freezer in advance to have them ready for transport.

## MOVING DAY

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### Moving Day Checklist

## Check Packing:

- ◆ Ensure all boxes and furniture are securely packed.

## Record Meter Readings:

- ◆ Take final readings for electricity, water, and gas meters.

## Keep Important Items Safe:

- ◆ Make sure all essential documents, valuables, and keys are with you.

## Organize Key Handover:

- ◆ Coordinate the handover of keys for the old residence.

## Empty Storage Areas:

- ◆ Clear out the basement and attic, if applicable.

## Bring Tools for Furniture:

- ◆ Don't forget tools needed for assembling or disassembling special furniture.





## Carry Essential Personal Items:

- ◆ Keep items like ID cards, glasses, documents, and keys on hand at all times.

## Provide Refreshments for Helpers:

- ◆ Ensure there is enough food and drinks available for the moving helpers.

## **AFTER THE MOVE**

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### Arrival at the New Home

- ◆ Check that all furniture and boxes are in the correct rooms.
- ◆ Ensure essential items like medications and clothing are immediately accessible.

### Follow-Up

- ◆ Inspect all moved items for damage and report any issues to the moving company if necessary.

### Senior-Friendly Setup

- ◆ Arrange the home to be age-appropriate and assemble furniture as needed.

### Dispose of Waste

- ◆ Remove any waste and packing materials, recycling where possible.

### Keep Receipts and Invoices

- ◆ Retain all receipts and invoices to claim possible tax deductions.

### Update Registration Address

- ◆ Register your new address with the relevant local authority.

### Update Name on Doorbell and Mailbox

- ◆ Place your name on the doorbell and mailbox at your new residence.

### Notify Family and Friends

- ◆ Inform family, friends, and acquaintances of your new address.

