OTTAWA PRO MOVERS

Long-Distance Senior Moving Checklist

A step-by-step guide for seniors and their families

Moving a loved one to another city or province involves a lot of details. Use this checklist to stay organized, share tasks with family and make sure nothing important is forgotten. Tick each item as you go.

8 or more weeks before Plan and decide

- [ ] Talk openly with your loved one about the move, their wishes and what matters most to them.
- [ ] Confirm the new home or residence, the move-in date and the room sizes or floor plan.
- [ ] If moving into a residence, ask about their rules for furniture, appliances, move-in times and elevator booking.
- [ ] Get written estimates from movers and book your long-distance move as early as possible.
- [ ] Choose one family member as the main contact for the movers and the residence.
- [ ] Start sorting: **keep**, **give to family**, **donate**, **sell** or **store**.

6 weeks before Health, documents and money

- [ ] Ask current doctors, specialists and the pharmacy to transfer records and prescriptions.
- [ ] Find a new family doctor, pharmacy and any specialists near the new home.
- [ ] If moving to another province, check that province's health card rules and waiting period.
- [ ] Gather important documents: passports, health cards, wills, powers of attorney, insurance and financial papers.
- [ ] Notify banks, CPP, OAS, any other pensions, the CRA and insurance companies of the upcoming address change.
- [ ] Set up Canada Post mail forwarding.

4 weeks before Downsize and arrange

- [ ] Finish deciding what is coming. Measure large furniture against the new room sizes.
- [ ] Arrange donation pickups, sales or deliveries to family for items not coming along.
- [ ] Book storage if needed.
- [ ] Plan how your loved one will travel (car, train or plane) and book tickets.
- [ ] Arrange to cancel or transfer utilities, phone, internet, cable and newspapers.
- [ ] Book elevators or loading docks at both the old home and the new one.

2 weeks before Prepare for the trip

- [ ] Refill prescriptions so there is enough for the move and the first few weeks after.
- [ ] Confirm the pickup date, delivery window and contact numbers with the movers.
- [ ] Confirm the move-in date and time with the new residence or landlord.
- [ ] Photograph valuables and the backs of electronics (for reconnecting cables).
- [ ] Use up food in the freezer and pantry.

1 week before Final details

- [ ] Pack a **personal travel bag**: medications, glasses, hearing aids and batteries, chargers, documents, valuables and a few days of clothing.
- [ ] Pack a **first-night box**: bedding, towels, toiletries, a lamp, a kettle or coffee maker, snacks and comfort items like photos or a favourite blanket.
- [ ] Label anything that should **not** go on the truck.
- [ ] Share the new address and a contact plan with family, friends and caregivers.

Moving day At the old home

- [ ] Keep medications, documents and valuables with you, not in the moving truck.
- [ ] Walk through every room, closet and cupboard with the moving team.
- [ ] Check the inventory and confirm the delivery address and phone number.
- [ ] Take meter readings, lock windows and hand over the keys.

Arrival Settling in

- [ ] Set up the bedroom and bathroom first so the first night is comfortable.
- [ ] Unpack the first-night box and place familiar items where your loved one can see them.
- [ ] Check the inventory and note any damage before the movers leave.
- [ ] Register with the new doctor and pharmacy, and apply for a new health card if you moved provinces.
- [ ] Update your driver's licence or photo ID and vehicle registration if needed.
- [ ] Plan regular visits or calls during the first few weeks. Adjusting takes time.

Important contacts

Movers	
New residence / landlord	
New family doctor	
New pharmacy	
Family contact	
Notes	

Planning a long-distance move for a loved one?

Ottawa Pro Movers helps with downsizing, careful packing, long-distance transport and setup at the new home. Contact us for a free written estimate.

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This checklist is general information only. Health coverage, ID and pension rules vary by province; please confirm details with the relevant government offices.