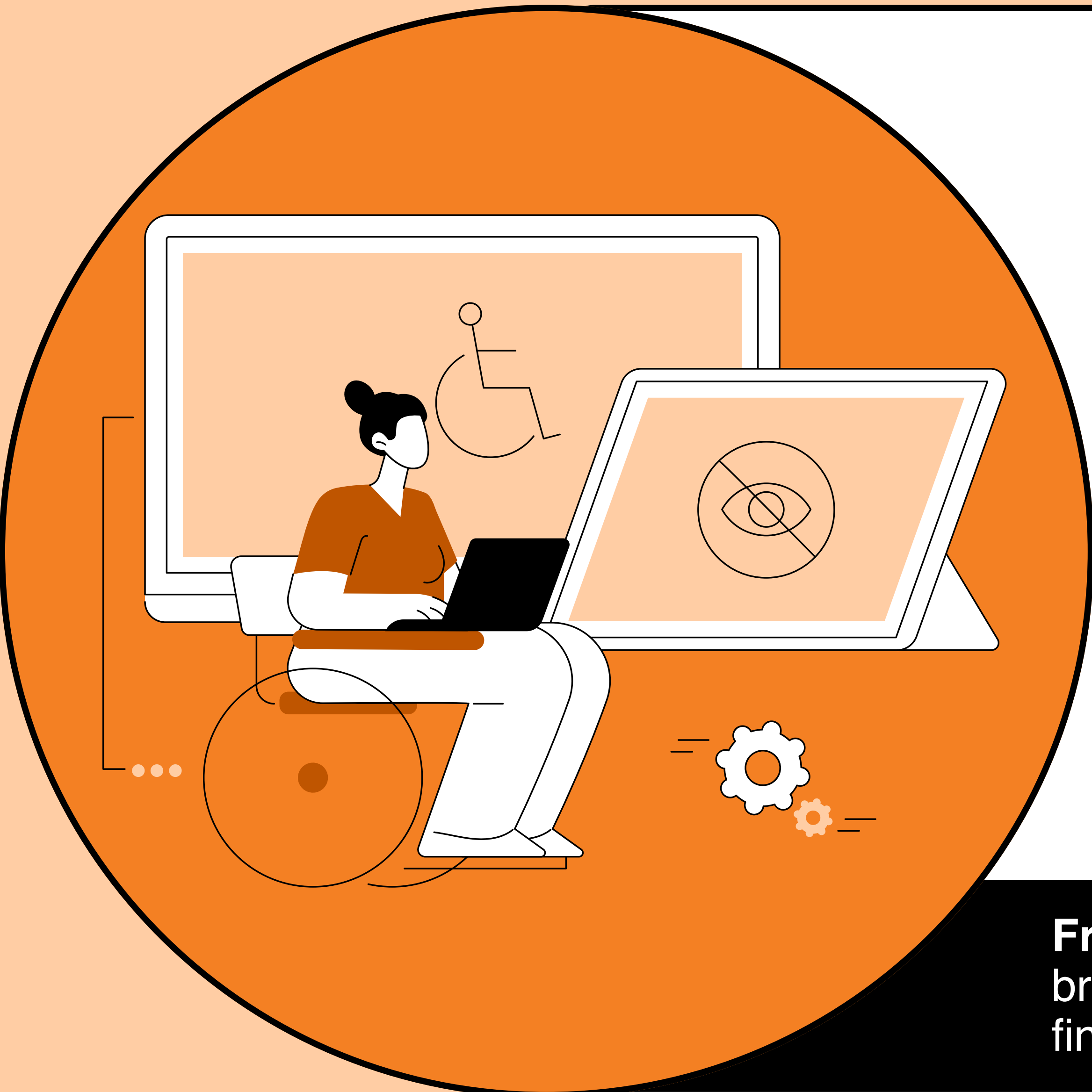


Accessible Moving Checklist

A printable guide for families, caregivers, and individuals planning an accessible move



Pre-Move Accessibility Audit

Visit the new home in person before moving day. Do not rely on online listings or property descriptions.

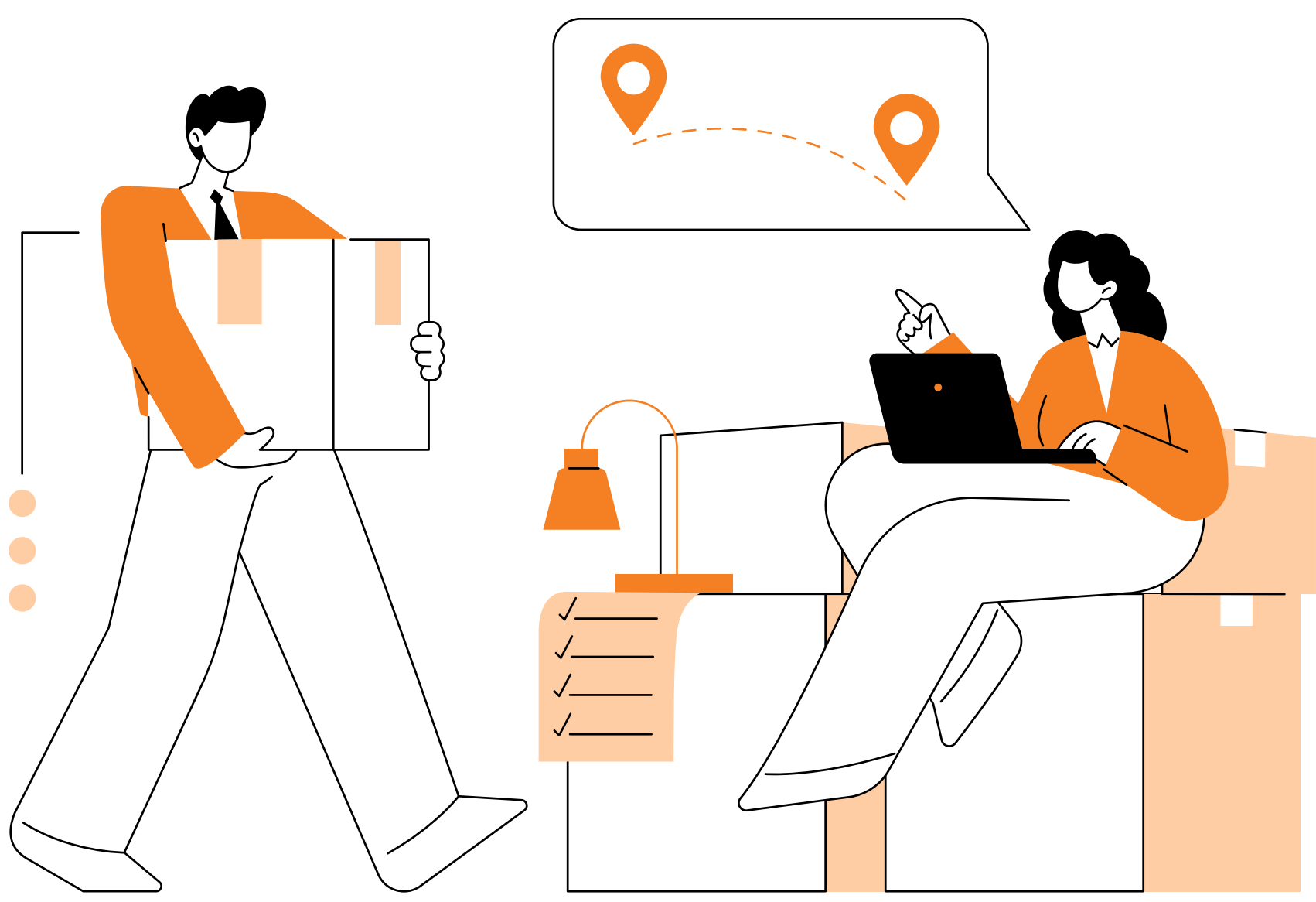
- ✓ Walk through the entrance, parking or drop-off area, bedroom, bathroom, kitchen, and hallways
- ✓ Check that all areas are well-lit and have accessible controls
- ✓ Note where ramps, grab bars, or lifts are needed
- ✓ Measure doorways and turning areas
- ✓ If accessibility equipment is already installed, confirm ramps are even, lifts are operational, and grab bars are stable
- ✓ Measure the height of cabinets and countertops

From the guide: Don't trust online pictures or descriptions. Visit the property in person — bring a measuring tape. If shortfalls can't be fixed with after-market modifications, consider finding a new property.

Communication Planning

Create a written plan before moving day to minimize improvisation — especially for individuals who are hard of hearing or have speech impairments.

- ✓ Choose a single, on-site point of contact to represent the individual being moved
- ✓ Create a written plan covering logistics, scheduling, which items to move, where to place them, and how to safely handle medical equipment
- ✓ Confirm the moving crew also has a designated point of contact
- ✓ Plan where each box needs to go in the new home and share this with the movers
- ✓ Share the moving plan with the individual in advance and ask for feedback
- ✓ Schedule the move around regular mealtimes
- ✓ Provide the crew with a written cheat sheet on the best ways to communicate
- ✓ Use color-coding to reduce opportunities for miscommunication



From the guide: The more that is decided and written down in advance, the smoother the experience for the individual being moved — and for the crew.



Caregiver Coordination

For individuals with memory loss, dementia, or cognitive decline, moving can feel disorienting. These steps help reduce distress and maintain a sense of home.

- ✓ Gently share the moving plan with the individual in advance
- ✓ Avoid involving them in every detail — offer clear, limited choices instead. (Too many choices can be tiring.)
- ✓ Review the plan again with them the day before the move
- ✓ Pack their most familiar and favorite items last
- ✓ Keep the individual's routine as normal as possible throughout the process
- ✓ Try to set up the new space with a layout similar to the previous home
- ✓ Provide a quiet room with a caregiver present during the move
- ✓ Label doors, cabinets, drawers, and rooms in the new home
- ✓ Unpack familiar items first in the new home

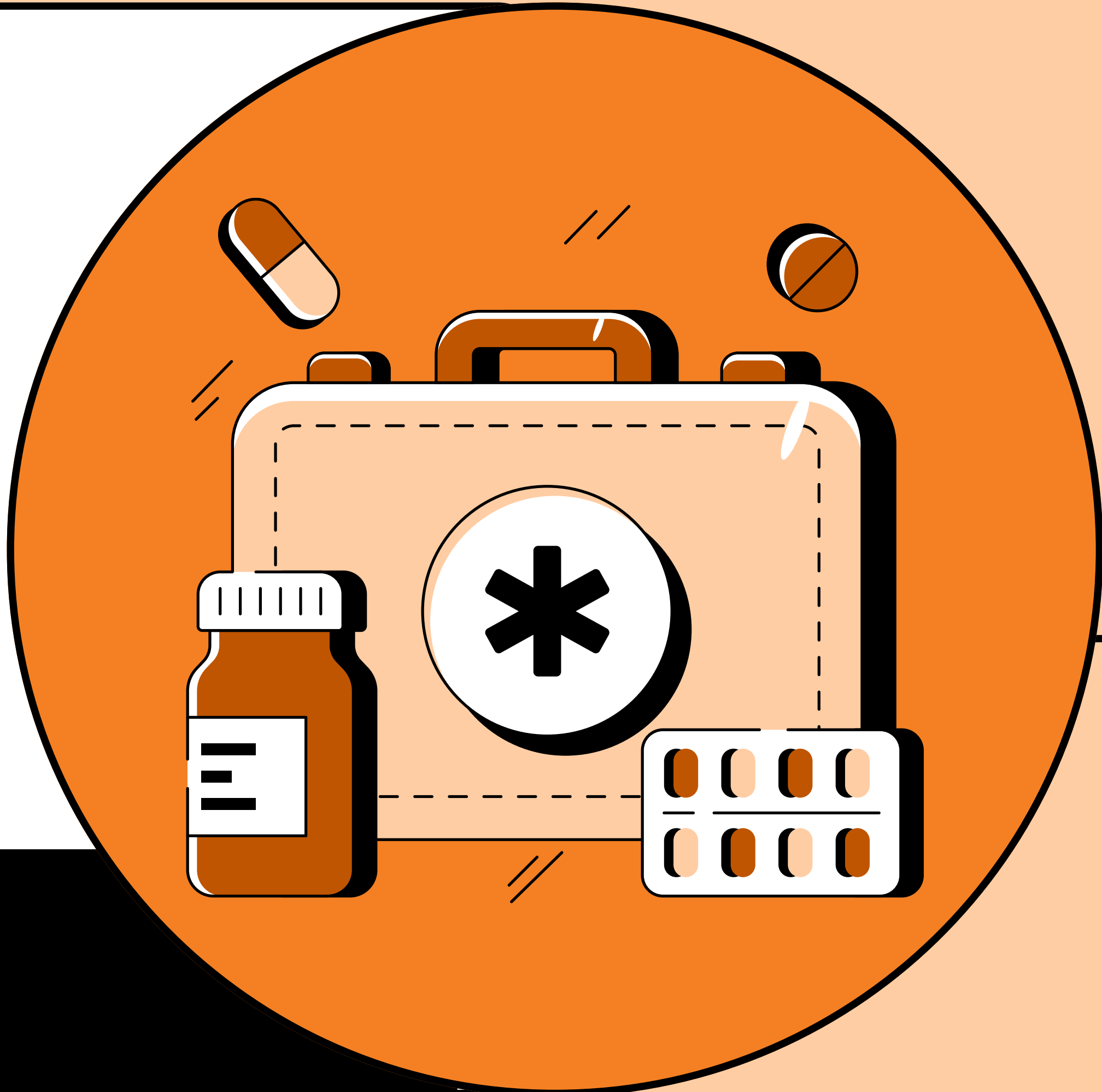
From the guide: Maintaining a sense of 'home' can help those with cognitive decline feel less stressed and overwhelmed during a move.

First-Night Essentials

These items should be handled by the caregiver or a trusted person — not packed as part of the general move — to minimize stress.

- ✓ Medications
- ✓ Hearing aids
- ✓ Comfort items such as photos
- ✓ Glasses
- ✓ Important documents

From the guide: Note: The blog covers first-night essentials briefly. Consider supplementing this section with input from the individual's care team.



Make Your Move Effortless.

Allied Van Lines — the world's largest mover network, in your corner.

800-689-8684 | [Request Your Free Quote](#)



750,000+ moves completed. 95 years of experience. 96% satisfaction rate.