

Planning Ahead: What to Think About and Do in the DAYS Before & After You Move to a New Place

Name: _____ Date: _____
 Helpers: 1) _____ 2) _____ 3) _____

7 days	Day and Night Before Move	Moving Day	First Night	Days 2 - 7
<p>To Do:</p> <p>Pack everything except most needed items Walk through old place with landlord to make sure you can get security deposit back Confirm schedule for attendant care Give post office change of address so mail will be forwarded Confirm utility set-up dates Make a "first night" plan</p>	<p>To Do:</p> <p>Make sure everything is ready for moving day Finish packing everything except overnight needs/toiletries Clean out refrigerator and discard food not being moved Make sure old place is clean and any needed repairs made Confirm helpers for moving day Say good-bye to neighbors/housemates</p>	<p>To Do:</p> <p>Pack last minute things such as toiletries Make sure old place is clean, lock door, return key Walk through new apartment with landlord – note pre-existing condition or damage Transport "stuff" Set up critical items: bed, adaptive equipment, personal items Arrange furniture and unpack much "stuff" away as possible Organize food/drink for helpers</p>	<p>To Do:</p> <p>Follow your "first night" plan, which could include Call a friend Have an "unpacking" party Order pizza Review emergency plan Go to bed early and prepare for big unpacking day tomorrow Make sure you have night lights so you won't get confused looking for bathroom at night Anticipate different sounds, lights, furniture arrangements in new place</p>	<p>To Do:</p> <p>Settle in: unpack and put away all "stuff" Purchase or acquire needed "stuff" such as cleaning supplies, chair, equipment Make sure adaptive equipment is set up correctly and working Notify healthcare and other service providers about new address/ telephone Introduce yourself to neighbors Address any problems in attendant care Organize for accommodations and modifications, as needed Learn locations and transportation routes to new shops and services</p>
What I will do::	What I will do::	What I will do::	What I will do::	What I will do::
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