



Moving Home Checklist (February 2006)

Ref IS/26

This information sheet is aimed at people over 60 and refers to the situation in England. Those living in Scotland, Wales or Northern Ireland may wish to contact:

Age Concern Scotland, Causewayside House, 160 Causewayside, Edinburgh EH9 1PR, tel: 0845 125 9732 (local call rate), website: www.ageconcernscotland.org.uk;

Age Concern Cymru, Units 13 & 14 Neptune Court, Vanguard Way, Cardiff CF24 5PJ, tel: 029 2043 1555 (national call rate); website: www.accymru.org.uk;

Age Concern Northern Ireland, 3 Lower Crescent, Belfast BT7 1NR, tel: 028 9032 5055 (national call rate) Monday to Friday 9.30am - 1pm.

Moving home can be very stressful. Arrange your move date as far ahead as possible. The more time you have, the easier it will be to ensure that you get everything done in time. Once you know the completion date of the move or your date of new tenancy, start planning.

Four to two weeks before the move

- Collect your packing materials early – extra boxes from supermarket trip, save newspapers, etc.
- Start getting quotes from removal companies if you are going to use one; book as soon as you are sure about the date; find out what services they offer, e.g. packing, cleaning, furniture dismantling, insurance, disconnection and reconnection of appliances, storage etc.
- Check parking arrangements at both your old and new home; do you need a residents' permit or special permission from the council to park and load/unload the removal van?
- Check if your home contents insurance covers you for the move and arrange transit insurance if necessary (your removal company should be able to arrange it for you)

- Use the time to re-examine your financial commitments. You will have to contact lots of service companies such as subscription companies, financial product providers, clubs etc with change of address information so it might be a good opportunity to look for better deals or cancel anything you are not really using
- Have a good look around your house and decide what you don't need any more – you can organise a car boot sale or donate items to a charity shop. If you have larger, unwanted items contact your council; they may be able to collect them free of charge (some councils run free furniture disposal schemes for people who are 60 or over)
- Make a list and start contacting other people who need to know about your move (see below)
- Arrange for someone to care for your pets on moving day
- Make a plan of your new home and decide how you will use the rooms
- Start packing non-essential items and label boxes according to the content and rooms they need to be in; keep fragile things separately
- Start running down the contents of your freezer; you can transport frozen food only if the journey is short enough for it not to thaw
- Arrange for gas appliances to be disconnected professionally

1 week to go

- Start collecting your 'survival pack' (see below)
- Confirm date and time with removal company and utility providers
- Settle all your local services and utility accounts (milk, papers etc.)
- Return library books, videos, rental games
- Defrost fridge and freezer, clean and dry them but if you are taking food in the freezer turn it up on full power two days before you move
- If you are doing it yourself start taking down fitted items (bathroom cabinets, mirrors etc.) and dismantling any furniture that cannot be moved if assembled
- Finish packing and clean the house

1day to go/moving day

- Pack everything except your overnight things (they can go into your survival pack)
- Put together your survival pack and keep it separate from other things
- Disconnect the power and water from your washing machine, fit transit brackets if they are necessary
- Take down your TV aerial or satellite dish if they are going with you
- Get some cash from the bank for tips and emergencies
- Take down the curtains and blinds
- Take gas, electricity and water final readings
- Have a final check over the home
- Take the keys to your old landlord or estate agent
- Collect the keys for your new home

In your new home

- Check the smoke alarm in your new home
- Take gas, electricity and water readings
- Arrange to have your gas and electricity appliances serviced
- Register with a doctor immediately and a new dentist/optician as soon as possible

Tips

- If you are doing the packing, make sure the containers are strong enough to be picked up and stacked without breaking and damaging the contents; do not overload them so they are too heavy to lift
- If your attic or loft is not fully boarded the removal workers are not allowed to enter it due to Health and Safety regulations
- Any flammable substances, old tins of paint, creosote, paraffin, gas bottles etc. cannot usually be carried by removal companies as this invalidates the insurance cover
- Keep your pets away from the chaos of moving by either keeping them with a sympathetic friend or indoors in a quiet, closed room; transport them in suitable containers with plenty of bedding, a little food and water in a non-spill container; make sure they have enough air and the air holes are not blocked; introduce them gradually to new surroundings and make sure they wear an identity tag before they go out
- Make sure any packets, bottles or jars are sealed with tape to prevent spillage
- Arrange for refreshments for moving day – your cooker will be disconnected so having drinks and snacks, some plates, cups, cutlery and kettle handy, might be a good idea

People and companies to contact

- Gas and Electricity at the old and new address (at least two weeks before the move); you may want to think about switching to a cheaper supplier (see Factsheet 1 *Help with Heating* for tips how to save on utilities bills)
- Water (at least a week before the move)
- Telephone companies (landline, mobile, and internet) to advise the change of address and the date you want your new number to operate (at least a week before the move). If you are moving locally you may be able to keep your number
- Your landlord if you are moving out from rented accommodation.
- Post Office (give at least seven days notice for redirection of your mail)
- Bank/Building Society/Credit Card Companies
- Benefits Agency/Pension provider
- Life/Private Healthcare policy provider
- Insurance Company (car, contents, building etc)
- Inland Revenue
- Council Tax Office
- Doctor/Dentist/Optician (make sure you have enough medication/prescription to last until after the move)
- The Driver and Vehicle Licensing Agency
- TV Licensing Centre
- Provider of any cable or digital television service (find out if you will still have coverage in your new area)
- Subscriptions
- Social Clubs/Societies
- Vet
- Friends and Family

Survival Pack

- Kettle
- Mugs/Cups/Cutlery/Plates
- Coffee/Tea/Milk/Sugar/Bottled Water
- Snacks
- Washing up bowl/Washing up liquid
- Soap
- Rubber Gloves
- Mop/Vacuum Cleaner/Dustpan/Brush
- Tea Towels
- Hand Towels
- Toilet Roll
- Bin Liners

- Cloths
- Light bulbs
- Candles
- Matches
- Fuses
- Screwdriver and pliers

Happy moving!

If you would like to receive this information in large print phone 0800 00 99 66 (free call) or write to Age Concern FREEPOST (SWB 30375), Ashburton, Devon TQ13 7ZZ.

Find out more about Age Concern England online at www.ageconcern.org.uk

Please note that the inclusion of named agencies, companies, products, services or publications in this factsheet does not constitute a recommendation or endorsement by Age Concern. Whilst every effort is made to ensure accuracy, Age Concern cannot be held responsible for errors or omissions.

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