

The Dead Organised Guide to Moving House in later life



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Keep it Dead Simple



Moving can be a significant life transition, for anyone but particularly for older adults leaving a family home filled with a life time of memories.

A well-structured approach can help make the process smoother and more meaningful.

Breaking the move down into three key stages:

Planning
Packing
Setting Up the New Home

This can ensure a thoughtful and stress-free transition.

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1.Planning the Move

Identify Non-Negotiable Items

Before anything is packed, determine which possessions are essential. These might include sentimental keepsakes, practical everyday items, or furniture pieces with special significance. Recognising early on what must be kept helps with decision-making later. Measuring these items and checking if they fit in the new home can make it easier to have conversations about what may need to be left behind.

Visit the New Home

If possible, visit the new home in advance. Measure rooms to see what will fit, check storage space, and assess how existing furniture can be arranged. If certain items won't fit, acknowledge that adjustments will need to be made and consider alternatives such as gifting, selling, or donating.

Plan Utilities and Services

Ensure all necessary services are set up in the new home before moving day. This includes switching utilities, arranging postal redirection, and ensuring access to broadband, phone lines, and medical facilities.

Explore the New Area

Familiarity can ease the transition. Take time to locate nearby amenities, including shops, healthcare providers, and community groups. Where possible, introduce yourself to neighbours, visit local clubs and societies, and identify opportunities for social engagement

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2. Packing and Moving

Sort & Declutter thoughtfully

Using the principles of Döstädning, approach decluttering with the mindset of making life simpler. Items can be sorted into categories: keep, donate, sell, or discard. (We also suggest a 'not sure yet' pile as well, so that no one feels they have to make rash decisions). Approach this process as an opportunity to reflect on possessions and retain those that bring joy or serve a purpose. Find out the stories behind items. You might be able to gift these items to relevant family or friends. If possible, create a memory box for treasured belongings that may not be practical to keep but hold sentimental value.

Consider Asking for Professional Assistance

If feasible, seek support from professionals such as Senior Move Managers or Organisers who specialise in helping older adults downsize and relocate. They can assist with decluttering, packing, and logistical planning to make the process less overwhelming.

Concierge Services

Tailored concierge services can assist with practical tasks such as sourcing removal companies, handling paperwork, and coordinating the move. If not moving but looking to create more space, professional assistance may be beneficial in reorganising and decluttering the home.

Consider Plans for Moving Day

Think about what would make moving day easier for your loved one. For some, seeing their home empty may be upsetting, while for others, it can be a positive reminder that a home is about the people and memories, not just bricks and mortar. If possible, arrange for them to spend the day doing something they enjoy to take their mind off the move. If the move takes more than a day, staying with relatives or friends overnight can make the transition smoother until their new home is ready.

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3. Setting Up the New Home

Unpack with care

Unpacking should be an organised and thoughtful process, ensuring the new home is quickly functional while also feeling familiar and comforting.

Create a Sense of Familiarity

Recreating aspects of the previous home can help with emotional adjustment. Consider placing favourite furniture pieces in similar arrangements, hanging familiar paintings on the walls, and displaying cherished photographs in key locations.

Ensure Immediate Comfort

Make sure that essential items are set up straight away. This includes making the bed, setting out toiletries in the bathroom, and having favourite foods stocked in the kitchen. Small touches, such as having a warm meal ready for the first evening, can make a significant difference.

Encourage Social Connections

Moving into a new environment can feel isolating. Finding opportunities to connect with neighbours, attend local events, and engage in new activities can help create a sense of belonging and ease the transition.

At Dead Organised we make it Dead Easy

Moving in later life can be a big change, but with careful planning, thoughtful packing, and a well-organised setup, it can become a positive and meaningful experience.

By focusing on what truly matters and making the new home feel familiar and welcoming, this transition can honour the past while creating space for new memories. Small touches—treasured photographs, favourite foods in the kitchen, or familiar furniture—can bring comfort and a sense of continuity.

It's natural for this process to be emotional, but a well-planned move can help ease the transition. And for those possessions that can't make the move, there are creative ways to keep memories alive—whether it's turning a beloved jumper into a cushion or repurposing sentimental trinkets into artwork. Even items no longer needed can find new life through upcycling, gifting, or transforming them into something special.

Moving isn't just about a new address—it's about creating a space that still feels like home.

We here at Dead Organised are here to make this Dead easy.

Remember, we're Dead Good at this, so you're in safe hands.

