

# MANAGED MOVES

SERVING SENIORS SINCE 2006

*The Authority in full-service  
downsizing and moving for seniors*



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## HELPFUL MOVING TIPS

- 1. Create a moving calendar** 1-2 months before your move. See our website for a useful checklist: [ManagedMoves.com](https://www.ManagedMoves.com)
- 2. Schedule an in-home estimate.** Get referrals of moving companies from trusted sources; friends, family, retirement communities, or the BBB.
- 3. Downsize first.** Use your new floor plan as a guide for what to move. Sort and de-clutter each room before packing. See our website for downsizing tips.
- 4. Create an “Open me first” box, or two.** Clearly mark the outside with a red X. This box might include pajamas, toiletries, coffee supplies, TV remote, and eyeglasses.
- 5. Always know where your medications are.** It is a great idea to move these items in a bag with you. You might also include your checkbook. Tell family members where they are, as well.
- 6. Be clear on the requirements for TV cable.** If you are moving into a retirement community, find out if they provide the cable. If they do, return your cable box to your provider to avoid extra fees.
- 7. Don't go crazy on the tape.** One \$5 roll of tape should work for 20 boxes. Also, make sure all boxes have closed tops so movers can efficiently stack them in the moving truck.
- 8. Unpack Immediately.** Move stress can continue until you're completely unpacked. If family can't help on the big day, we highly recommend scheduling your packer to completely settle you in, within hours.
- 9. Have a plan for the “stuff” left behind.** Don't stress, there are resources to take care of this. Ask your Managed Moves estimator for information and resources.
- 10. Let others help you.** We appreciate that this is a major move, and the process can be emotionally and physically exhausting. Ask for help from friends and family and don't hesitate to call us: **503.780.7136**