

# Stress-Free Packing Tips for Older Adults



Moving into a new home is an exciting milestone. For older adults, though, the packing process can feel overwhelming — especially when downsizing. Thankfully, with thoughtful preparation and smart strategies, your transition can be smooth, organized and even empowering.



Here are some practical tips to help make the move easier:

## 1. Start with the essentials

Begin by packing what matters most — daily-use items and things with sentimental value. Focusing first on necessities like medications, important documents and everyday clothing will help establish a clear plan for the rest of the packing.

**Tip:** Create a list of must-pack essentials, such as prescriptions, medical devices, identification and financial paperwork. Keep these items in a dedicated, clearly labeled box that stays easily accessible throughout your move.

## 2. Tackle downsizing with ease

Moving is an ideal opportunity to simplify and declutter. Begin by sorting your belongings into categories such as “keep,” “donate,” “sell” and “discard.” If the idea of downsizing feels overwhelming, tackle one room or category at a time. This step-by-step approach ensures steady progress without stress.

## 3. Organize with labels and lists

Label boxes by room and category, such as “Kitchen - Dishes” or “Bedroom - Linens.” For additional clarity, create a detailed inventory of what’s in each box. This simple step can save time and hassle once you’ve settled into your new home.

**Tip:** Pack a box that includes everything you’ll need for the first few days in your new home — like toiletries, a change of clothes, snacks, basic kitchen tools and bed linens. Keep this box within easy reach during the move.

Continued on page 2



Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

*The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.*

---

#### 4. Handle fragile items with care

Use bubble wrap, towels or soft clothing to protect delicate items like glassware and artwork. Group similar items together and leave no empty spaces in the box to avoid shifting during transit.

**Tip:** Label fragile boxes clearly and mark “This Side Up” to help movers handle them safely.

#### 5. Choose the right tools

Invest in high-quality packing tape, sturdy boxes, bubble wrap and stretch wrap. Packing cubes or containers with dividers can also keep smaller items organized. For heavier objects, like books or kitchen appliances, use smaller boxes to avoid overpacking and ensure safe lifting.

#### 6. Reduce physical strain

If possible, work in short focused sessions rather than packing for hours on end. Take breaks, stay hydrated and listen to your body throughout the process.

Professional movers can further ease the burden by handling bulky furniture and appliances with care. Don't hesitate to ask for assistance — it's worth investing in a safe and efficient move.

#### 7. Prepare for the unexpected

Even the best plans can encounter hiccups, so it's wise to prepare for potential disruptions. Keep a basic tool kit and a first-aid kit on hand for quick fixes, and consider purchasing moving insurance if you have valuable or irreplaceable items.

Pack an overnight bag with essentials like pajamas, toiletries and medications, just in case your boxes take longer to arrive than anticipated.

#### 8. Take it one step at a time

Packing and moving don't have to be a race. Start early, plan carefully and give yourself plenty of time to tackle each task. By approaching your move with patience and a clear strategy, you can turn what might feel overwhelming into a manageable and rewarding process.

**When you're ready to explore a move to a community that supports your lifestyle and well-being, we're here to help. Contact The Village at Rockville—A National Lutheran Community today at [301-355-2801](tel:301-355-2801) for a personalized consultation or to schedule a tour.**

---

Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)



*The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.*