

Whiddon



Getting Ready for Retirement Living

Your Moving Checklist



How to Transition Smoothly into a Retirement Village

Transitioning into a retirement community is an exciting opportunity for a fresh start, but it's natural to feel a bit overwhelmed. Here, we present a step-by-step approach and practical advice to help you manage the move with ease, focusing on preparation, organisation, and settling in comfortably.

Preparing for the Move

Tip 1

Start with a Personal Vision

Before packing, think about how you want your new space to look and feel. Consider the items that hold the most value and how they can make your new environment feel like home. This mental preparation helps you focus on what's essential and what will bring comfort.



Tip 2

Create a Moving Timeline

Break down your moving process into phases:

- **3 Months Before:** Begin sorting and downsizing items.
- **2 Weeks Before:** Confirm moving arrangements and utilities.
- **Moving Day:** Plan for arrival and unpacking.

Downsizing and Packing Smart

Tip 3

Categorise Items Into Three Groups

- Keep: Essential or sentimental items that fit your new space.
- Donate: Items that are still useful but no longer needed.
- Discard: Broken or outdated belongings.

Tip 4

Coordinate Support from Family and Friends

Having loved ones present on moving day not only helps with logistics but also provides emotional support. They can assist with unpacking and arranging your new space, turning the move into a shared experience.

Settling Into the Community

Tip 5

Connect With Your Neighbours

Participating in organised events and activities can help you connect with other residents and integrate into the community. Early engagement fosters friendships and helps the environment feel familiar sooner.

Tip 6

Find Your Own Pace

Everyone settles in differently. There's no need to rush into routines—get comfortable at your own pace, explore your new neighbourhood, and enjoy the privacy and independence that comes with your own home.

Embracing Your New Lifestyle

Tip 7

Personalise Your Routine

Develop a new routine by participating in hobbies and activities that interest you. Whether it's morning walks in the garden or joining a book club, finding activities you enjoy helps create a sense of stability and satisfaction.

Tip 8

Explore Your Support Options

If you'd like a bit of extra help around the home, Whiddon offers optional home care services in our village location areas—like domestic assistance or personal support—that can be tailored to your needs while you continue to live independently.

Contact us via phone or online if you have any questions

📍 whiddon.com.au/contact/

📞 1300 738 388

Whiddon
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