

# How to Have a Stress-Free Move as a Senior

Moving can be challenging at any age, but managing a move as a senior can feel like an especially daunting task. Between selling your home, purchasing a new one, and getting everything you own from one to the other, there is a lot to handle. With the proper help, though, moving as a senior can be easier than ever. Follow this guide to managing a senior move to make your transition as seamless as possible.

## Selling Your Home

For many homeowners, buying a new home requires that they sell their current one before the new home can be purchased. To sell for the best price, get a [home-value estimate](#) online to see how much your home might go for in the current market. Before you can move, ensure you don't have any major repairs needed that will make it difficult to sell your home for a good price. Issues such as water damage and foundation problems can be [major turn-offs](#) for potential homebuyers, so take care of them before you list the home to ensure you get the best price possible.

## Purchasing Your New Home

To give you an idea of what your home-buying budget should be, get prequalified through a lender online. This lets you know how much mortgage you can qualify for. To figure out how much you can afford to pay each month toward your mortgage, go through your expenses and add them up to see how much of the money you bring in each month is left over to go toward a mortgage. You can also use an [online calculator](#) to determine how much you can afford.

## Engaging a Senior Moving Service

A quality moving service like [Settled in by Tina](#) can make the moving experience entirely stress-free. These services are designed to manage every step of the moving process to ensure no task goes undone without you having to handle them yourself, according to [The Spruce](#).

First thing, you work together with the service to design the floor plan in your new home. This means that you decide where your furniture and other belongings will be situated. Doing this helps on two fronts: You can begin to make decisions about what of your items you want to keep, and the movers will know exactly where items go when you are unpacked in your new home.

Over the decades, many seniors accumulate far more than they need in their golden years, and a senior moving service can help you go through your things to determine which should be moved into the new home, which should be donated or disposed of, and which should be sold. The service can manage the [donation and disposal](#) of items and even arrange for the sale of them in many cases, as many senior moving services have a relationship with an estate sales professional who can get you a reasonable price for your items.

Once you've gone through everything, the service handles professionally packing, [moving](#), and unpacking your items so that you can sit back and relax. These professionals can even arrange for the cleaning and care of your old home after the move to ensure it is in excellent condition for its sale.

## Managing Stress

While a senior moving service can be invaluable, there's no denying that working through the moving process can be stressful. It's crucial for your well-being that you [take the time](#) to utilize stress-management techniques such as exercising, deep breathing, and getting plenty of sleep.

Don't let past experiences with moving guide your move in your golden years. With the services available today, you can enjoy a painless process that allows you to get out of your old home and into your dream one with minimal effort and maximum ease.



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