

Plan Accordingly to Ease Stress of Career Relocations

By Nan Hayes for Caring Transitions

Just the thought of relocating for work can be stressful, but proper planning and supportive resources can help to facilitate the process.

“In most cases, you’ll have a relocation representative to support you through the transition; however, it can be helpful to have a clear understanding of your company’s relocation policy and the steps involved in an out-of-state relocation,” said Christopher Seman, president of Caring Transitions. “The following tips may help to alleviate some of the stress associated with a career relocation.”

Mover Communications

- Establish a point of contact with the moving company appointed by your employer.
- Follow up with your contact prior to the move to make sure everyone is “on the same page” regarding pickup and delivery.
- Verify availability to schedule packing, unpacking and other services.
- Ask the moving company if it has storage capability or storage resources to accommodate extra furnishings, vehicles or other household goods at the point of origin or destination, as needed.
- In addition to brochures explaining the various services and a detailed explanation of your moving quote, moving companies are required to provide you a copy of a consumer booklet entitled “Your Rights and Responsibilities When You Move.”
- If you are responsible for choosing a mover, it is best to get at least three estimates to compare services and pricing. Be sure to ask what type of estimate you are receiving – binding or non-binding.
- If you have a lump sum or your employer is not paying the mover directly, be sure to ask about the payment arrangements. It is customary for movers to be paid in cash, by certified check or by money order. It is NOT customary for movers to ask for cash deposits up front. This would likely be a red flag indicating a scam rogue mover operation.
- The following resources may be helpful when choosing a reputable mover:
 - **State Mover’s Associations:** Your state mover’s association knows most of the movers in your area and is a great resource for referrals and moving advice. You can find a complete list of mover associations [here](#).
 - **American Moving and Storage Association (AMSA):** AMSA is another complete source of information regarding interstate movers. The AMSA [“Pro Mover”](#) program has already verified the licensing and service levels for hundreds of movers nationwide to help you identify trusted resources.



- **Better Business Bureau:** This organization can help you find a company at the point of destination and to research other companies and services near your new residence. [Search by ZIP Code.](#)

Timeline

- Create a timeline for your move, starting from the final relocation date and working back to present day.
- Many moving companies can provide you with an eight- to 12-week “moving calendar” to help you prepare for the bigger steps involved in the move and remind you of some smaller items, such as moving safety deposit boxes, returning library books, transferring prescriptions and pet records.
- Share the timeline and responsibilities with other family members, including school-age children, so everyone knows what to expect.
- Allow time to acclimate to your new community, including its local economy, media, business and lifestyle. You may choose to visit the city several times before you move, subscribe to local papers, read articles and connect via the internet to social groups and organizations of interest.

Possessions and Packing

- Moving is the perfect time to sort through your belongings and decide what you use on a regular basis and what you may no longer need.
- Downsizing and decluttering *before* a move helps with the actual transition process, as unpacking and resettlement will be much more pleasant without a lot of extra items to unpack and put away. Downsizing also helps save on moving costs, especially in “Do It Yourself” (DIY) situations.
- Working room by room, take time to decide which items will be moved, donated or sold.
- If you’re short on time, see if your employer will help pay for downsizing services, such as those provided by [Caring Transitions](#), to help reduce the overall cost of the move.
- Schedule an estate sale through a [specialist](#) if you have at least \$2K to \$3K worth of household goods to sell.
- Locate drop-offs or schedule pick-ups for charitable donations.
- Help the movers calculate the cost of your move by showing them every single item to be moved. Don't forget to go into the attic, basement, garage, shed and closets and under beds. Reach a clear understanding about the amount of packing and other services needed. Anything omitted from the estimate, but later included in the shipment, will add to the cost.
- The use of good packing materials and [professional packing companies](#) is advisable. Plan accordingly to have almost everything packed a day or two before the moving van will be loaded. While packing yourself can save money, movers will not usually accept liability for damage to items packed by owners.
- Be present when your goods are packed. An inventory of your goods will be made, and it is important to resolve any disagreements prior to signing the inventory.
- Be sure to discuss all insurance options with your mover.

On Moving Day

- Be available on all loading days, in case the movers have questions.
- Accompany the driver as he prepares your inventory. Don't hesitate to clarify his notes or ask questions.
- Carefully read and complete the Bill of Lading. This is the legal contract between you and the mover, treat it accordingly.
- Make sure you have copies of the Bill of Lading and inventories before the driver leaves.

- Before the driver leaves, do a final walk through the house checking all closets and storage areas to make sure nothing was missed.
- Provide the driver with contact information in case he needs to reach you during the course of the move.
- Ask for the driver's truck number, agency and contact information. This will make it easier to reach him if you have questions or if your plans change.
- Make sure the driver has the correct address of your new home or storage facility.
- Provide movers and helpers with a clean water supply (either individual bottles or cups) and restroom facilities.
- Keep the items that will be traveling with you (i.e., clothes, papers, etc.) separate from the rest of your belongings to be loaded.
- Valuables (e.g., cash, coins, jewelry, photographs, papers, etc.) should be taken with you or insured and shipped ahead.
- Arrange for the new homeowners to take possession a day or two after moving day to help reduce stress.

Delivery

- Usually, your belongings will be transported in a van along with those of others. Delivery may be made on any of the several consecutive days agreed upon before the move began. Make sure the mover knows how to contact you to schedule the actual delivery. Delays in delivery may result in additional charges.
- Upon delivery, check your goods for damage. Do not sign the inventory until you have inspected your furniture and the exterior of the cartons.
- [Unpacking services](#) can speed up your transition and resettlement, allowing you to focus on your family's adjustment and your own career change.
- Best practices from the [American Moving and Storage Association](#) suggest you report damaged or lost goods promptly and in detail on the van driver's copy (original) of the inventory sheet before signing. If you notice damage after unpacking, a claim must be filed within nine months after delivery; however, it is to your advantage to report damage as soon as possible. The mover must acknowledge receipt of your claim within 30 days and must deny or make an offer within 120 days of receipt of your claim.

Source: American Moving and Storage Association (moving.org)

About Caring Transitions

As life changes, it may become necessary to leave a familiar home and part with personal belongings in order to downsize and relocate to a smaller home or retirement community. At Caring Transitions, we help our clients understand the process, evaluate their options and make informed decisions that suit their best interests. We are committed to making each client's experience positive by minimizing stress and maximizing results.

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Insert Owner First Name Last Name, Title of Caring Transitions of Insert Location

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