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**Richard Tong**

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### **Recommended Resources**

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## About the Author

Melanie Barnett says that many people find moving is more stressful than public speaking or even the [dentist's](#) drill.

She said," Moving is something most people have to do at some time and the experience can cause them to dread ever repeating the experience."

Melanie has written her book to help reduce the [fears](#) and frustration to make moving much easier than you might think possible!

She said," With [business](#) take-over changes in the economy, people are having to move more often. This [book](#) will help you to make the best of whatever situation you are in."

Melanie has brought together the experience and tips of movers in all age-groups and a wide variety of situations.

Melanie feels that her book will help almost anyone save time, [stress](#) and [money](#) in their next move and give them [confidence](#) to deal with any problems which arise.

"My aim is to make your move a positive experience so that you are ready to make the best of your new location and all its potential."

## Introduction

Moving is an experience we all go through at various points during our lives.

Read this [book](#) and you'll be prepared for most problems.

You'll also be aware of ways to save [money](#), time and effort.

Our first move is often leaving our parents' home to set up independently. It is the easiest because we are young, energetic and looking forward to the opportunity.

Later moves may be caused by family or [business](#) needs or even the desire for a change of life-style.

Young parents find their home a bit small for the growing family.

Older people may find their home a bit large and harder to keep in good shape than it was when they were younger.

Or there may be financial reasons to move – a new [job](#) or lower cost of living.

Each of these situations offers opportunities to enjoy new experiences and make new friends.

But, many of us cannot see beyond the [challenges](#) of making a really significant change and our regret at leaving behind so much that we are familiar and comfortable with.

With this [book](#) to help you, the preparation will be smoother and so will the journey to start your new adventure.

I'll cover some areas beyond the move itself to help you at both ends of your move.

## Why Move?

There are a few major reasons which cause people to decide to move.

They may be offered a better [job](#) or see the demand for their [skills](#) greater in other areas. This is becoming more common as technology increases in rate of development and a number of routine tasks are taken over by machines.

A family's needs may change with the arrival of a new [child](#) or a promotion at work which gives them the means to move to a more substantial home or a location they prefer.

At the other end of the [cycle](#), many properties become too large for their older owners after their children have moved away and they down-size to a more manageable home or one with more of the features they want.

At various times in our lives, we may also move between [houses](#) for [health](#) reasons, to follow our [career](#) or our partner. Most people move to where they will feel more secure or where there are more opportunities for themselves or their children.

### *Benefits*

There are plenty of people who can tell you of the trouble they had during their move, but there are also a lot of benefits from making a move when you do it right as I will show you.

Keep these in [mind](#) and you will have less chance of having a bad experience with your next move, whether it's across the state or to another country!

The first thing to remember is that you are going somewhere that offers opportunities which you don't currently have access to.

You will meet new people, share new [ideas](#) and experiences and learn things which will make your future more interesting and enjoyable.

I cannot say that everything about moving is always positive.

But, your mindset will have a strong influence on the outcome of your experience. It will also affect the attitude and expectations of your children, if you have any, when it comes time for them to take to the road themselves



and forge ahead on their own

So, I suggest that you try to maintain a positive outlook about your move and new opportunities. There will be challenges but they will seem less troubling if you keep your own spirits up.

After all, the move is now part of your reality and worrying about it will just make the experience harder for everyone concerned.

## Leaving the "Nest".



Most young people get excited about leaving their parents' home to set up on their own.

They see the problems, but [focus](#) on the potential and the feeling of independence.

After a few years in a new location, we may become settled in our ways. Our home becomes a new "nest" and we can find the need to move again unsettling.

Instead of rekindling our youthful enthusiasm for new opportunities, we keep looking backwards to what we are losing. We overlook that we carry the best of those times inside our [memories](#) and we can recreate those feelings at any time.

Instead of regret, start getting familiar with your new circumstances by focusing on the road and new opportunities ahead as soon as possible.

Older people often also have problems deciding whether to move from their family home to a new location which is a more appropriate size for their needs and capacities.

I wrote a chapter on some of the main factors which need to be considered when dealing with that situation in a sensitive and supportive way.

## Children Need Special Attention

Young children that are relocated in their early years are more vulnerable than older family members that have some experience of different places.

The youngsters need some special attention and support if they are to "transplant" to the new area successfully.

Those needs vary with the age of the children and the circumstances around the move.

It's important to fit the move, where possible, to the start of a new term or year at the [school](#) they will be attending.

Experts on child [health](#) say that fitting in with their peers at the new school can be much harder if they are coming in mid-term when the other children have all had time to become familiar with the school and its requirements and also form relationships with the other [children](#) who are already there.

We may not realize how traumatic a new school can be.

After all, that is on top of leaving so much that was familiar including all their friends and social groups in the other place as well.

Making a visit to the area where you are moving to before the actual move can help.

If that isn't practical, get them to do some checking on the new area through the Internet (If they are very young, help them with their navigating to sites so they don't get into any questionable areas of the place!)

## Older People's Options

When older people have seen their children leave and establish their own families, they have more room for themselves but every inch of their home is filled with strong memories.

They are comfortable where they are and deliberately avoid discussion about moving to accommodation which would be easier for them to maintain and probably cost them less.

As they and their home become older, both need more care and support.

Some children dutifully, and mostly happily, help their parents as much as they can.

But, they are also older and have heavy demands on their time and resources.

Inevitably, the parents will be at greater risk as the years roll on. Their children will age and die or move away.

Discussions which their [children](#) begin can be difficult because of the special relationship between them. The parents may feel that their adult children are trying to take over the parent role or have agendas of their own.

Any suggestion of considering options for moving to more suitable accommodation may be firmly resisted, though the parents can be worried about becoming a burden on the children.

They also [fear](#) making a wrong move which might leave them in a worse position without the means to make further changes.

It's often the lack of knowledge of exactly what options are available which is the main block to getting a genuine discussion started.

### ***Introducing an Independent Advisor***

Getting some independent, but professionally qualified person to discuss the options with all the members of the family present can remove the barriers and start a meaningful discussion.

The expert should have knowledge of the industry and what is available in

the area where they want to live and not be entirely motivated by a potential [profit](#) for themselves..

The parents' [concerns](#) are likely to be based on these points:

**They must decide to change even if they don't see anything which they like to avoid further arguments.** The advisor should assure them that the final decision is still theirs. He or she just wants them to understand the options.

**They don't want to be mixing with people who don't share their interests or activities.** They can visit the communities and meet the current residents. They may also be able to get feedback from their own friends or members of their church who have visited the places they are considering.

**They don't want to get rid of the mementoes they accumulated, because of the sentimental attachment and the work involved.** This is a problem for people of any [age](#) who have collected a lot of stuff over the years.

They could choose a small number of items to keep or distribute to family members and then get someone to sort and sell the rest. There are professional services which will do any inventory of the collections and sell them by public [auction](#) and deliver a [check](#) for the proceeds less their fee afterward.

Or, the [family](#) could arrange a [yard](#) sale (or online sale through a site like eBay) with anything left being donated to a local charity.

**They may also want reassurance that they don't sell at a bad time.**

No-one can be sure what the real estate market or any other market will definitely do. But, they will have a better chance of making the right decision at the right time if they learn and evaluate all the options while they are still able to choose.

Sometimes their grown children may want them to remain in the family home just like they remember them from their childhood days there.

This can be unsettling and unfair on the parents who want less responsibility and more time to relax.

It needs some sensitive and patient counseling with all parties present to sort these situations out.

The [presence](#) of an independent outside person who has knowledge of the available options which might be suitable can be helpful provided they have the [confidence](#) of all the family members.

## Dealing with Fear

Fear in various forms is part of the problem for many people who are relocating.

The main worry which can overwhelm people is the fear of the unknown.

### *The Unknown*



Our [imagination](#) can make us fearful of new situations, people and places. It might affect adults or children and can hinder their efforts to settle in and mix with the people in their new location.

The best antidote to this type of irrational [fear](#) is knowledge.

If you are worried about your potential to fit in with the new area, try to arrange to spend some time, at least a few days, visiting the new location before you make the big shift.

If that's not possible, use the power of the Internet to browse the local paper and even "walk the streets" with Google and other services.

You may feel uncertain about the [success](#) you might have in the new job and what could happen if things don't work out with that company.

But, the company has invested in you and your ability.

Ask yourself, what would be the worst possible outcome?

Would you be stranded without the means to move away? Or, might you have to get some other type of work for a while?

Realistically, your earlier checking about the location and the company would give you knowledge about similar [jobs](#) in the area which you can apply for.

Remember that our expectations can have a positive or negative effect on how other people perceive and treat us. Approach the future with good

humor and a willingness to work, most people will accept you on that basis.

***Everything is different!***

Some family members may also be affected by preformed opinions about the people, environment and customs in your new location.

They may find it hard to get their bearings and even develop some minor medical symptoms due to [stress](#).

A lot of this can be avoided by getting information about the attractive options they will be able to use in their new [life](#).

Check if their favorite sports and leisure activities are supported there.

What new options might interest them?

Just because it's different, doesn't mean it's worse.



## Do it Yourself

When you start to add up the costs of the various parts of your move, you may be surprised at the amount you'll need to pay.

There are always areas where you can reduce costs by using cheaper options or doing things yourself.

But, don't rush to put too much of the effort and responsibility on yourself or other willing helpers.

Some of that may be false economy which costs you more in the long-run than it's actually worth.

Two resources which we often undervalue are our time and our [energy](#).

If you run low on energy, your overall efficiency will be affected.

That can mean the outcomes you get are less than if you spent some available funds on professional help and saved your energy for other tasks.

It will take you much longer to do seemingly simple cleaning tasks than it will a professional and they will probably get a better result.

They have learned to avoid wasted movement and will usually work through a room without crossing the same area twice.

Before deciding to do the actual moving of your goods yourself, ask yourself if you would save enough to make the stress and effort worthwhile.

Sometimes, you might want to pay for help with part of a task, such as loading and unloading the stuff you move to the new place.

Then, you or a friend drives the [truck](#) to your new location and you pay some people to unload it.

Some movers may offer this service in the area you live or are moving to, though many will only do the full removal and delivery.

You might be able to pay some strong men you know to do it.

But, they won't have insurance or as much experience. The risk of damage to your property could wipe out any savings you [thought](#) you would make.

## When to Start

The worst time to start planning a move is when you need to move in accordance with someone else's schedule.

The best time to start planning what you would do when you need to move is when you have time and resources to prepare slowly and carefully.

A good start is to do a physical inventory of the things in your home.

Make a list of the items in your home and where they're located.

Ask yourself, "What would you take if you moved and what would you leave or dispose of?"

Be careful of the property of other family members. They may value things which you regard as junk. Suggest that they [store](#) those items in their room so that they know where they are and have them ready for use.

Some of the disposable items might just be taking up space right now. Is it worth the space it occupies or is it something which has just "always been there?"

### *Eject the Excess!*

De-cluttering is always worthwhile and can make any move you decide to do much less stressful and cheaper!

People seem to accumulate excess baggage and it is good practice to eliminate that from our [homes](#) on at least an annual basis.

Most of us have a sizable collection of "stuff" which fills valuable space and costs us time and [money](#) to maintain.

Apart from family mementoes and legacy items, there are probably some souvenirs of holidays and other times spent in far places. It's understandable to keep hold of items with significant history to them but many people also hold onto old magazines, video tapes or remnants of hobbies they've given up on long ago.

Do a tour of your home and you will probably find many items to either discard or donate to a favorite charity. You may be surprised to find that

some organizations actually do not accept some of that stuff you've been carefully storing away!

If you are not sure of the value of some items, check them through Internet or local sources and then dispose of those which have no value for you.

## Your Next Move

Your next move may be your own idea or it could be the result of circumstances outside your control.

If you have down-sized your possessions to be more manageable during a move, this [book](#) will have already paid for itself.

If you haven't, I suggest that you get together a notebook and pen or create a file on your computer and start listing everything in each room so you can make the decision about what you need to get rid of.

For your move, you will need the physical measurements of all the items you will take so that you are sure they will fit in your new home.

If you can do those measurements when you have some spare time, store the information with your insurance and other important papers.

Then, it will be readily available when you decide to move.

Of course, you don't have to dispose of everything which you don't want to take with you.

There are companies all over who will let you store some of your property in their storage warehouses for years if you want. This is very popular and one of the fastest-growing areas of the [business](#) world!

## Selling Your Home

If you own your current home, you need to make arrangements to sell it or rent it out if you intend to return to that area at some later time.

People will often need to sell the property to get funds to buy a home in their new location.

This may seem very complex but can be fairly smooth given goodwill by all concerned and provided you plan each step well.

This is another task which gives people [stress](#) in excess.

That's understandable because buying and selling a home is probably the most expensive transaction most of us will ever be involved in on a personal level.

You can leave most of the following to a professional realtor but you might save some [money](#) by doing some of the prettying-up yourselves.

How much fixing and fussing you do will depend on the level of return you expect or hope for and the time you have available. If you are using a professional realtor, ask their advice.

### *Interview Some Agents*

Get referrals from people you know are reliable who have used agents

You need to find a real [estate](#) professional with recent [success](#) selling multiple properties like yours in your area.

They should have clear ideas how they would promote yours if you engage them.

Don't hesitate to ask any questions.

Get clear information about their fees and any other charges you would have to pay?

What sort of promotion would they use for your particular property?

Do they already have potential buyers for this sort of property on their lists?

## *Preparing your Home*



Preparing your home for sale involves a lot of cleaning and consulting.

You will first have to clear as much of the stuff you don't intend to take with you from the property.

Another important consideration is deciding which faults or blemishes should be repaired and which you can probably leave for the buyer to take care of in line with their views about colors and styles.

### ***Get a Condition or Safety Report on Your Home.***

You should get a report on the safety of the structure and such things as the wiring etc., so that you can be completely frank with the purchaser.

In some areas, you may be required to get that sort of report before you can offer the property for sale.

This is a strong response to the large number of court cases in those areas between buyers and sellers of [property](#) where there were claims of undisclosed damage and dangerous items.

There are consultants who will advise you about the requirements and best practices.

Sometimes, your potential buyer or their consultant may find a problem which is not covered in the condition report.

If this is not a major impediment to the sale, you may be able to get an amount set into escrow which you and the buyer agree would cover the fixing of that fault.

This would be enable you to get the major portion of the sale price on the previously agreed closing date so that you would probably not be delayed in being able to settle for a new home if you had the sale nearly finalized.

I would not replace carpet unless it was really bad and would detract significantly from the home's appeal because the buyer may not like to replacement carpet you bought and simply rip it out when they take possession.

If you do replace the carpet, [paint](#) the walls as well or the extra expense will not make the sort of impression you hoped for.

If you think that it will pass any reasonable inspection, give the bathroom and kitchen, all the [floors](#) and the edges of the ceilings and walls are thoroughly clean before opening it up.

## On Moving Day

### *Moving Company*

.Some Moving Companies can be a much better fit for you than others.

Check whether they or their associated companies reegulalry do the same sort of move you will.

For short distances, use locals because their rates will be cheaper.

[Check](#) the way they charge for the move.

Confirm what extras, if any, may be added.

You may save [money](#) if you move mid-week as most people like to move over a weekend.

Only use licensed and insured companies unless you like Russian Roulette

Check details of any insurance they offer you. You will probably need your own cover.

### **The contract should show:**

- Start time and estimated arrival at new location.
- Special Instructions
- All charges and how they are calculated.
- When payment is due.
- Set fees.
- Maximum charge for Move.
- How disputes will be decided. Arbitration is usually better than waiting for court dates. But, make sure the matter will be arbitrated at a location convenient for you, not another State.

### *Timing Your Move*

Summer and Spring usually have better weather and higher charges. But, getting lower rates in the other periods may not compensate for the longer times, slippery roads and other conditions especially when you are driving



and unloading in an unfamiliar area.

Stick to a written schedule for the whole of Moving Day.

Take breaks and have more than one driver in the [car](#) if possible.

You won't have

### ***Preparing For Moving Day***

Pack similar items in the same [containers](#)

Label everything.

Put coats, tags and collars on pets.

Make sure all entrances are clear to make movers work go quicker and more safely.

Ensure that a responsible person is with each child or [pet](#).

If you carry stuff in or on your vehicle, ensure it is safe at highway speeds and in poor conditions.

Leave some space in the top of containers unless the items are braced with foam etc.

Remove everything from your refrigerator.

Check with manufacturer for instructions on how to secure washing machines and other major appliances and electronic equipment.

## Moving the Family.

You need to have some [energy](#) and time when you arrive at the new location.

Let each child have one toy and another activity with them label each item.

Carry [food](#) and water in sealed containers with you in the vehicle because what you buy on the way might not agree with you.

Don't take [plants](#) if you cross state borders. Check for other rules before you leave.

Each person should check that their own [medicines](#) etc are accessible before the vehicle is packed.

Write stops into the schedule.

Don't increase speed in unfamiliar areas to make up time. You could get booked or have an accident.

Make sure that everyone has the medical and other important information on them in a sealed packet.

Getting there safely mean you won!

Check everyone got back in after each stop.

## Showing off Your Property

A lot of realtors now hire specialist [decorators](#) to add accessories and even a small amount of extra furniture to your property to make the [home](#) look more desirable.

The best reason for doing this sort of thing is that it works when it is not overdone. Agents would not pay the professionals their fees if they didn't get a return on their investment!

You can do a lot of the same things which the experts do and it may help lift your final return a little.

I already suggested that you remove any personal possessions and most furniture from the property when you are ready for it to be viewed.

Prepare the [exterior](#) by trimming the grass and any other plants in front and on the sides of the property.

Fresh flowers appeal to buyers and some "stagers" actually have something nice baking in the oven for the same reason!

[Water](#) and weed the flower area. Remove any [garden](#) litter or other trash.

Use low lights in some of the rooms for a lived-in effect. Candles are nice too but make sure that they are in safe containers so there is no chance of an expensive accident.

## Moving Pets

If you have pets which cannot be accommodated at your new home, make inquiries among family and friends for anyone will adopt them. Some [animal](#) shelters will accept some types of animals as boarders or long-term residents where homes cannot be found.

This can be a very stressful time for their owners but the restrictions are tightening in many areas as more animals are bred than there are homes for.



Moving animals can be a risky process at any time. Making a long distance move to a new home can be stressful and even dangerous.

Be sure to check the restrictions, if any, on any pets which you have and want to take to your new location. As well as the rules of that area, you need to be aware of any vaccinations or other requirements in those areas which you will [travel](#) through to your new home.

Most people think that taking a [dog](#) or [cat](#) in a car is low-risk. Unfortunately, many pets are injured when they are carried by someone in a car or even tied to a safety belt in a motor [vehicle](#).

If the vehicle stops suddenly, the animal will become a projectile which is likely to hurt that passenger and itself as it is flung around the inside of the car.

Letting them put their head outside the window to feel the breeze can result in severe injuries as well.

Never put them on a seat which has an airbag in front of it as the bag will injure them if it expands because there is an accident.

The place usually recommended is in a suitable [pet](#) container in the back of the vehicle, but not in the trunk as carbon monoxide may leak into that area.

### ***Water and Food***

Don't [feed](#) dogs quantities of [food](#) before a trip and make sure to include some sealed water containers in the car so you can stop the vehicle and give them a drink and a little [exercise](#) (well clear of the road edge) from time to time.

### ***Air Travel***

Most airlines will have a limit on the number of [dogs](#) or other [animals](#) which may be carried on each flight. They also restrict the areas where the animals may be housed during the flight. Some dogs have died through over-heating because of the lack of suitable temperature control where they were housed.

### ***Fish and other Finned Friends***

You need to prepare aquariums and other containers well so that the water and other contents won't spill into the vehicle or out of the containers, leaving the fish to suffocate.

Don't try to feed the [fish](#) during the trip except if you stop overnight along the way.

## Checking Housing Options

When you are looking at housing in your new location, check the real [estate advertisements](#) closely.

You want to learn what suburbs have prices in your range.

Then, check which suburbs are attracting most sales and which are slow moving.

You then need to find which are close to your new workplace or have suitable transport.

Don't go looking too far back when checking housing prices for possible trends. History has less effect on current and future real estate prices than current activity in business and other sections of the community. Watch for areas where the same properties continue to be advertised and others where properties sell more quickly.

Local knowledge is very important. You may have access to some without realizing it.

If you are a Member of any national or International [business](#) or social organizations, you may be able to contact their branches in the new location and make some early connections.

## Moving Supplies and Equipment

A vital ingredient in making your move as smooth as possible is getting the right types of packaging to protect and identify the particular types of items which you decide to take to your new location.

Start collecting the right sort of supplies as early as you can.

Here are some of the most useful items.

**Boxes:** Boxes are just boxes, right? Almost any [box](#) can be used for protecting something you want to move. But, think about getting some boxes specially made for moving work to protect your most valuable gear if, like most of us, you have discarded the boxes and foam pieces which protected the gear when you brought it into your home originally.

Tear up and use any which are damaged or incomplete as packing material in better boxes. This avoids the possibility of having something fall out of a damaged box you thought was okay.

**Bubble Wrap:** This plastic sheet is covered with rows of bubbles which cushion your important equipment from impact damage. Don't pop the bubbles until your move is finished!

**Paper:** Just about any paper can be used to fill gaps between your gear and the sides of boxes and other containers. Use shredded paper, screwed-up sheets which give some protection rather than just sticking layers of paper inside the box. When you roll up paper, don't make it too tight because that will transmit any bump straight onto the item you're trying to protect.

**Bags:** Any sort of [bag](#) that is clean and complete can be used for protecting your goods. Large garbage bags are good for holding clothing and other fabric items.

**Small zippable bags:** Handy for holding electronic accessories and other easily lost items which can cost a lot more to replace than they did originally.

**Tape:** Use a strong **packaging tape** for sealing and holding your boxes together. **Masking tape** is good for labeling your boxes (label all your

boxes) and also making labels to wrap around all of your electronic cords, accessories for electronic [gear](#) and those zippable bags. Colored tape is good for marking packages which are to be given special treatment such as being unloaded first or put in a specific spot when you arrive at your destination.

**Marking Pens:** Pens with red or black ink will usually show up best. Don't use them on furniture or other items where the ink may not be removable.

**Bedding:** Blankets are good for padding around large items to protect them and anyone that accidentally bumps into them. Old sheets may be wrapped around odd-shaped items to give some protection from scratching.

**Straps, rope and cords:** Used to fasten loads to the roof of your [car](#), keep items from crashing into each other and tie that old tarpaulin or piece of carpet over an open load. Don't use any which are damaged.

Get some practice tying and untying knots.

Be very careful not to put too much tension on any restraint which might cause it to fly off.

You can get your supplies from local suppliers or online sources. I've got some good deals from flea markets and garage sales where people sell off the supplies they bought but didn't use for their own moves.

You can buy supplies from moving companies and some will give you a better price on the supplies if you hire them for some of your moving work.

### *Equipment to Make Your Move Easier*



A strong **two-wheel trolley** can save your back from serious problems if you have lots of boxes to shift and you insist on doing it yourself.

A **dolly** is a low platform on four wheels which you can use for moving bulky and heavy items. Be careful to check how you should protect yourself when you are lifting items on and off the platform.

**Gloves** are essential for protecting your hands from sharp points which stick out from many boxes. The gloves with rubber pads on the palms help you



get and maintain a reliable grip on large objects.

Furniture can be hard for amateurs to move around without damage to the item, the walls or themselves. Get some **sliders** which fit under the corners of each piece and you can pull the item along as if the bottom was greased.

Be careful in the way you deal with the [weight](#) of the item you move.

Bend your knees and not your back.

Don't take chances – get someone to help you manage any weighty object.

### ***Protective Gear.***

You can obtain braces and belts which will help to protect your back from [injury](#). Ask your [doctor](#) for their advice as they are aware of any special condition which you may have.

Wear strong shoes with non-slip soles. Consider those with steel caps if you are moving heavy or awkward items. Injury to your feet can be slow to heal and very inconvenient because we use them all the time.

## **May all Your Moves be Winners!**

I hope that the information and tips I've shared will make the prospect of your future moves much less challenging.

Now, you understand that moving is more of an opportunity to improve your [life](#) than a challenge and you are on the way to greater [success](#).

People have been moving to new lands and opportunities through the centuries. It has never been more exciting and full of opportunity than today.

*Melanie Barnett*

[Another eBookWholesaler Publication](#)