



SENIOR MOVING GUIDE

Moving later in life can feel emotional and overwhelming. At Southeast Moving & Storage, we understand that senior moves often involve more than simply transporting furniture from one place to another.

Whether transitioning into a smaller home, retirement community, assisted living facility, or moving closer to family, our team works hard to provide a respectful, patient, and organized experience.

We recommend starting the process early by sorting belongings room by room. Many families find it helpful to separate items into categories such as keep, donate, gift, or storage. Taking the process one step at a time can help reduce stress and make decisions easier.

Our movers carefully handle furniture, antiques, photographs, and sentimental belongings with extra attention and care. We also encourage family members to stay involved throughout the planning process when possible.

Moving can be a major life transition. For that reason, communication and patience matter. Our goal is to help seniors and their families feel comfortable and supported during every stage of the move.

If your family needs trusted senior moving services in Chattanooga or surrounding areas, Southeast Moving & Storage is here to help.

**CALL OR VISIT
SOUTHEAST MOVING & STORAGE TODAY!**

**To schedule your free on-site consultation
or learn more about our services.**

423.667.7569

SEMoving.com
info@semoving.com

423.667.7569
semoving.com

SE SOUTHEAST
MOVING & STORAGE