

A clearer next step.

A practical guide for families in Dallas-Fort Worth.



A move or a change in care can leave a family carrying too many decisions at once. You do not have to solve the home, the belongings and the next living arrangement in one conversation. Start with what is known, then put the work in order.

Start with the person, not the property.

Ask what matters most to the older adult. Identify who can make decisions and who should receive updates. Keep care decisions with qualified care professionals.

Local help with the practical work

Our coordination service is at no cost to your family. SilverPlanner helps organize senior moves and changing living arrangements. Planning may cover downsizing, cleanouts or the home's next step. We confirm coverage and the agreed work for each request.

Use this guide to prepare for a conversation. No move date, provider availability or outcome is promised.

Understand the support needed.

Meal preparation is one clue. The whole daily routine matters.

Consider personal-care assistance and medication routines. Include mobility needs, along with supervision during the day and overnight. Write down what you know and what needs a professional assessment.

Option to explore	What to discuss
Staying home with support	Meal help, home assistance, caregiver coverage and whether the home can safely support the person's needs.
Independent living	Housing and amenities for someone managing daily life independently. Ask what assistance is actually included.
Assisted living	Support with everyday care. Ask the provider to assess the specific tasks and whether its staffing can meet those needs.
Memory-support evaluation	Memory or safety concerns warrant a clinical review. Ask about appropriate support at home or in a suitable community.
Skilled nursing assessment	If a clinician recommends ongoing skilled nursing, ask about the services and settings required. Supervision alone is not the same as skilled nursing.

A useful starting summary

Use our [18-question care-options guide](#) to organize the discussion. Suggestions may overlap. This is educational planning guidance, not a diagnosis, a validated clinical assessment or an admission decision.

Sources: [Medicare: assessments and care plans](#); [Alzheimer's Association: long-term care options](#). Actual needs must be assessed by qualified professionals.

Put the next steps on paper.

Mark what is known. Leave room for what still needs an answer.

- ☐ Name one family contact and confirm who can approve decisions. Include the older adult's preferences.
- ☐ Confirm the destination or list the options still being considered. Ask the care team what support is needed.
- ☐ Choose an area to explore. Is being near family or the current home more important? Note a preferred drive time, then check actual trips.
- ☐ Identify dates that are fixed and dates that can move. Check provider availability before making commitments.
- ☐ Prepare the essentials for the first day: comfortable clothing, important contact details and familiar belongings. Follow the care team's instructions for medication and medical items.
- ☐ Sort belongings into what moves, what family will keep, and what may be donated, sold or removed. Confirm ownership and consent first.
- ☐ Check access and delivery arrangements at both locations. Confirm keys and any stairs or elevators.
- ☐ Get the tasks and responsibilities in writing. Agree who will handle each step and how updates will be shared.
- ☐ Decide who will check that essential items arrived and follow up after the move.

Keep diagnoses and medical records out of a general website enquiry. Share sensitive information through the care provider's appropriate process.

Separate the decisions.

A cleanout, a move and a home sale can be discussed as separate services.

Keep what matters

Start with the space available and the belongings the person wants close by. Set aside important papers and keepsakes before arranging removal. Avoid discarding items when ownership or permission is unclear.

Make a plan for what stays behind

Donation organizations and estate-sale providers have their own rules and availability. Removal or disposal may require a separate provider. Confirm accepted items, access and charges before a pickup. Municipal collection may not accept contractor-generated waste.

Decide what happens to the home

Keeping the home and selling it are different choices. Discuss authority to act, the work needed and the family's goals before committing. Home-sale assistance is optional. Families may use their own real-estate agent; licensed professionals handle their own transaction services.

Be clear about who does the work

We coordinate the agreed tasks. Independent movers, cleanout providers and other specialists perform their own services. The written plan identifies each role and the next steps.

Useful questions to ask

- ☐ What is included, and what will need another provider?
- ☐ Who can approve changes or additional charges?
- ☐ What must happen before move day or before the home is listed?

Start with one conversation.

You do not need every answer before asking for help.



Bring the basics

Share the city, the timing and the practical help you are considering. Tell us which decisions are settled and which still feel uncertain. A preferred location or drive time is a planning preference; actual trips and provider availability need to be checked.

Agree on the work before it starts

Discuss coverage and availability, then confirm the work in writing. Name who is responsible for each task and how updates will be shared.

SilverPlanner

Senior transition planning and practical coordination across Dallas-Fort Worth.

Call: (972) 571-5955

Email: info@silverplanner.com

Online: Talk through your next steps

Want to prepare first? Open the [Transition Checklist](#) or the illustrative [Sample Transition Plan](#). Neither requires a signup.