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Moving Advice for Veterans With Disabilities: A Practical, Stress-Reducing Plan

Veterans with disabilities face a different kind of moving checklist than most people: it's not only about boxes and addresses, it's about continuity of care, accessibility, and making sure your next home supports how you live day to day. The good news is that a smoother move is absolutely possible when you plan around *your needs first* and treat the move like a sequence of small, controllable steps.

A quick “you can use this today” summary

- Lock in health-care continuity early (providers, prescriptions, appointments)
- Apply for [veteran moving assistance](#) ahead of your transition
- Choose housing based on accessibility and daily routines, not just price and aesthetics
- Plan for home modifications before move-in when possible
- Update VA contact info and benefits details so nothing gets delayed
- If you own a business, map your state-to-state requirements before you relocate operations

Step 1: Protect your health care during the transition

Moves are disruptive, especially if you rely on regular appointments, specialty care, mobility supports, or ongoing prescriptions.

A few practical actions:

- **Notify your VA care team before you move or travel** so they can help coordinate care and reduce gaps.
- **Update your address with the VA** so benefits and communications follow you.
- **If you need travel reimbursement for eligible appointments**, VA has a process for filing claims online.

If you'll be away from your main VA location for more than a short period, it can also help to plan ahead by giving notice so care can be arranged near where you'll be staying.

Step 2: Choose housing like you're selecting a support system

For many disabled veterans, the "right" home isn't the biggest or newest; it's the one that reduces friction and increases independence.

Accessibility features that tend to matter most

- **No-step entry** (or [a realistic ramp option](#))
- **Single-level living** (or a layout that keeps daily life on one floor)
- **Wider hallways/doorways** and turning space where needed
- **Bathroom safety** (walk-in shower, [grab bars](#), room to maneuver)
- **Kitchen usability** (reachable storage, workable counters)
- **Parking and pathways** that aren't steep, cracked, or narrow

Home features to prioritize based on daily life

If you deal with...	Home features that help	"Hidden" issues to watch for
Mobility limits	No-step entry, minimal thresholds, wide doorways	Stairs from garage, steep driveways, narrow bathrooms
Chronic pain or fatigue	Single-floor living, low maintenance yard	Long walks from parking, lots of upkeep, heavy doors

Sensory sensitivities	Quiet street, good insulation, controllable lighting	Highway noise, thin walls, harsh lighting, busy corridors
Regular medical care	Proximity to VA/community providers, easy transport	Remote areas without accessible transit or long drives

Step 3: Know what home-modification support may exist

If your next home needs changes, it's worth knowing what resources are available so you can plan timelines and budgets more realistically.

- **VA disability housing grants (SAH/SHA)** can help eligible Veterans with certain service-connected disabilities buy, build, or modify a home for more independent living.
- **HISA (Home Improvements and Structural Alterations)** [supports medically necessary home improvements](#)/structural changes for eligible Veterans and service members.

These programs have eligibility rules and paperwork, so it's smart to look early—especially if modifications affect move-in timing.

Step 4: Make the move itself safer and less exhausting

Moving day can be physically punishing. Planning for accessibility and pacing can prevent setbacks.

A quick moving-day safety list

- Pack a **“medical essentials” bag** (meds, chargers, documents, pain management items)
- Keep **mobility devices** reachable at all times (don't load them first)
- Plan **rest breaks** like appointments (scheduled, non-negotiable)
- Ask movers to do a **walkthrough** so they understand what must stay accessible
- If you're traveling far, map **accessible rest stops** and backup routes

Step 5: Don't lose benefits or paperwork in the shuffle

Two high-impact habits:

- **Keep a single folder** (paper or digital) for moving documents, benefit letters, contact lists, and key medical info.

- **Update addresses and profiles** promptly so time-sensitive mail doesn't hit the wrong mailbox. The VA allows you to [update certain contact info](#) through your VA.gov profile, though some departments may require separate updates.

If you own a business: moving an LLC to a new state

Relocating personally is one thing—relocating a business is another. If you're registered as an LLC and want to move the LLC to a new state, a common pathway includes three core steps:

- **Acquire a Certificate of Good Standing**
- **Apply for domestication**
- **Dissolve the business in your old state**

Those steps can vary by state and situation, but they're a helpful starting framework. If you want a plain-English guide that lays it out, you can [cover the steps](#) in one place. And when in doubt, it's worth checking with your state's business filing office or a qualified professional so you don't create compliance issues.

FAQ

Should I line up medical care before I move?

Yes—especially if you rely on specialty care or ongoing prescriptions. [Notifying your care team ahead of time](#) can help coordinate care during travel or relocation.

What's the biggest housing mistake people make?

Falling in love with the home and ignoring daily-life accessibility: entrances, bathrooms, parking, noise, and distance to essentials.

Are there VA programs that help with home accessibility changes?

The VA offers [disability housing grants](#) (SAH/SHA) for eligible Veterans with certain service-connected disabilities, and the HISA benefit for medically necessary home improvements/structural alterations.

How do I avoid a “care gap” during the move?

Notify your care team early, update your address, keep your medical essentials separate, and plan ahead for any travel reimbursement or appointment logistics..

Closing thought

A move can be a fresh start, but for disabled veterans, the win is usually “less friction”: fewer barriers, smoother routines, and care that doesn’t get interrupted. Start with continuity (health and benefits), choose a home that supports independence, and treat accessibility as a must-have, not a nice-to-have. With a steady plan, you’re not just moving, you’re upgrading how daily life works.