



The Big Move

No matter how old you are or how frequently you have moved from one home to another, the task is generally one that is overwhelming. Even reality television shows feature solutions for organizing our household effects, clearing out the unnecessary clutter and “staging” our home for a quick and profitable sale.

Moving is not only a test of physical labor, but also one of emotions. Leaving behind the comfort of your home and familiar memories of the neighborhood can leave you with a deep sense of loss, even though there are many positive aspects of their new home.

Many older adults move to “downsize” their life to a smaller house, apartment or condominium. With the move come new priorities of what to keep, what to give to family members and what to donate or throw away. Each move is the result of decisions made to meet our current needs, such as a wish to travel more or to move closer to family for support of physical limitations.

Today there are a wide range of professionals who are skilled at helping people move as easily and efficiently as possible. They range in background and training and often specialize in the needs of older adults who find the many tasks of moving overwhelming. Here are just a few:

Real Estate Professionals can improve your residence before listing your property for sale. By transforming your home, removing clutter and suggesting a face-lift for outdated décor, they will help you “stage” your home for an attractive presentation. You can increase the value of your home with very simple steps, like painting or streamlining the rooms of clutter.

Professional Organizers assist those of us that love trinkets and knick knacks. We’re the “savers,” the “collectors” and often the disorganized. Organizers can save the day by helping with everything from streamlining your important paperwork, helping you decide what is important and what can be tossed, and making your storage areas safer and clearer. You can still save those precious possessions but now you will know where they are!

Senior Move Managers specialize in assisting older adults and their families with the many aspects of moving. Their backgrounds may be in gerontology, social work, nursing or psychology, but now their main focus is solely on the management of your move. These professionals are trained in the resources and approaches that will save you money and help alleviate stress and worry. They are available to work with you from the time you decide to downsize until you are settled in your new home. To learn more visit the National Association of Senior Move Managers at www.nasmm.org.

To learn more about the resources available in your community, contact Dana O’Donnell R.N., Director of Liberty at Home, at 215-643-6496 or visit www.libertyathome.org.