

Moving Seniors... with Ease & Expertise

At Heavenly Care Moving, we understand that moving – at any stage in life – is a challenge. For many seniors, this challenge can be overwhelming. Even with the support of friends and family, a move can be exhausting – physically, mentally, and most of all emotionally. Moving isn't just about packing boxes, it's about creating a new home while keeping the best of the old. The good news is you don't have to do it alone.

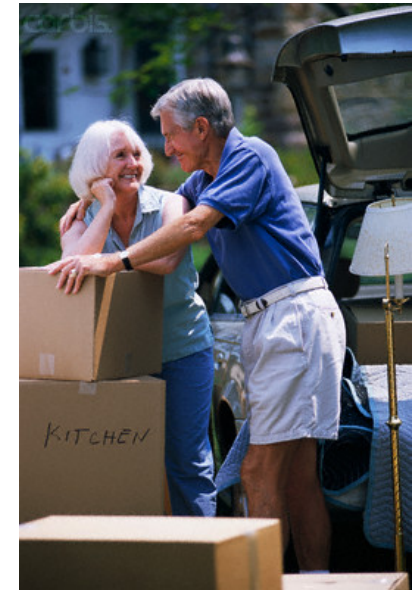
**We don't just move furniture,
we help re-establish homes**



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Working together for a PEACEFUL move



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Tips for a PEACEFUL Senior Move

Often times, family members may **THINK** they're being helpful, however, they can unknowingly cause more anxiety during this already-stressful time. Below are some tips to help seniors and their family members work together to achieve a **PEACEFUL** move. It is possible!

1. Be kind. This may seem like a given. However, when helping to sort and pack a senior's belongings, keep in mind that their eyesight and an inability to do everything they used to do can result in poor housekeeping habits. Instead of commenting, offer to clean as you pack and try not to criticize.

2. Help sort. Like all of us, seniors tend to keep things they don't necessarily need or will ever use. Be gentle when suggesting to get rid of possessions. Ask them if they use the item and if not, suggest that maybe they donate it. If it's a treasure or something they'd like to keep but the new space can't accommodate it, suggest keeping it in the family by giving it to a grandchild or another sibling. It's often easier to give away items if they're going to a good home. If they own large quantities of books, spend time downsizing because books take up lots of space and are heavy to move. Consider donations to libraries or senior centers, or sales to used bookstores. Call on a book dealer for older books with potential value.

3. Take pictures of the inside of their home. As close as possible, try to place objects in a similar way so that their new home will feel very much like the old one. Be as detailed as you can from arranging the bedroom furniture to placing the family pictures on the bureau. This will help make the new place feel like home.

4. Obtain a room layout of their new place. Find out before they move, how much space the new place has. If they are moving from a three bedroom house to a one bedroom condo, then together you'll need to decide what will fit and how much can be kept. Again, offer to keep the pieces they can't move or try to keep them in the family if possible.

5. Start small. Take a day to spend with them to talk about the move and what to expect. Give them small tasks to do such as going through a desk drawer or a box from the attic. Ask them to spend only 15 to 20 minutes a day on one task. Let them decide what they'd like to do and what they might find hard to do. Taking small steps will help them get used to the idea of moving.

6. Pick a room that has less sentimental value attachment. Start sorting through the bathroom or kitchen drawers; a place in the house that doesn't hold the same emotional attachment as the bedroom or living room or a photo box kept in the attic.



7. Plan the move. Allow enough time that you all don't feel rushed. Sorting through years of stuff is difficult and sometimes emotionally painful. Give them time to absorb the change.

8. Hire outside help. Sometimes it's easier for seniors to work with an outside party than with their children. There are many companies who specialize in moving seniors, offering comfort both to your parents and the rest of the family.

9. Be patient. Allow them time to say goodbye. If they take longer to clean out the desk drawer because of a stack of pictures they found, let them take the time to remember. This is a very important part of the process. Be patient. Listen to their stories. They may have boxes of old photos from every holiday, vacation and birthday party attended. Encourage them to pass some along to their children or other family members. A scrap booking expert can take the photos and organize them for present and future family enjoyment.

10. Get them involved. If you have access to the new home, take them there, introduce them to the new space. Do this on their own time, when they're ready. Let them tell you how they'd like it to look and make a plan to prepare the space accordingly.

11. Help them use it up – don't move it out. Take an inventory of canned goods, frozen foods, and paper products. Plan to use as many of these products as possible before moving. If they simply have too many of these items, think about passing them on to a food drive or pantry.

12. Don't lose touch. Create a list of people, places, and utilities/services that need to be notified of their upcoming change in address.

13. Pack a survival bag. Put together a survival bag for move day. It might include personal needs (medications, eyeglasses, toiletries, change of clothes, important papers, etc.); kitchen needs (snacks, drinks, folding chair, disposable cups/plates); basic tools (hammer, screwdriver, flashlight, tape, etc.); cleaning supplies (sponge, roll of paper towels, soap, etc.); and payment for the movers – be sure you know which form of payment they prefer.

