

Make a Smoother Transition



Moving is never easy. But if you haven't done it in a while—or need a little extra help—there are a number of services, organizations and individuals who can make your move easier, including:

SENIOR MOVE MANAGERS

According to the National Association of Senior Move Managers (NASMM.org), members are “individuals who assist older adults and their families with the emotional and physical aspects of relocation and/or aging in place.” They offer one-stop shopping for downsizing, organizing and coordinating your move. If you don't have one in your area, you can still create your own senior move management plan by utilizing some or all of the following services:

DOWNSIZING SPECIALIST

If you're moving into smaller quarters, downsizing *first* can greatly reduce the hassle associated with your move. If you don't need it or want it (or won't have room for it) it's best to make that determination before packing the first box.

Family and friends may be able to help with this, but sometimes exacerbate the situation. A downsizing specialist is sensitive to the emotional aspects of eliminating personal items, while also making valuable recommendations on how to best dispose of what's no longer needed or wanted.

SPACE ORGANIZERS

Professional organizers, aging-in-place specialists, and staging professionals can be very helpful in determining how to best utilize your new space—and what to bring with you—before you move. They'll reduce your overall workload by only moving the items that work best in your new home, and help you make your new space organized, safe, and more enjoyable. Failing to plan before moving means you'll have to find a place for extra items on the other end—or risk crowding your new location, which will decrease your enjoyment of your new home.

PODS

Portable On Demand Storage (PODS) can be a convenient alternative to traditional moving services. Your storage container will be dropped off at your location where you can fill it at your convenience, on your own schedule. Once everything's packed, the container is sealed and moved to your new location where you can take your time unpacking it. This approach is often preferable for do-it-yourself moves and less stressful than making harried moving-day decisions with professional movers.

No matter what services you use, always remember to ask if they offer senior citizen discounts!

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