



Caring

RIGHT AT HOME

INFORMATION, ADVICE AND SUPPORT FOR ADULT CAREGIVING

Moving? Make it a Gentle Transitions SPRING/SUMMER 2005

Now the snow is gone, many who have been contemplating a move are getting more serious.

I consulted with two friends of mine, Diane and Bill, who own a company called Gentle Transitions that focuses on helping seniors make a move.

The moving process can be quite overwhelming, from making the arrangements, to sorting and downsizing, to packing and unpacking years of treasured belongings.

Managing can be daunting, but doable, if a plan is developed and followed.

Here are some tips for a successful move that Diane and Bill shared with me:

☞ Set a date that works for you, the movers, and the place you are moving.

☞ Draw a floorplan. Don't just "eyeball" it or assume you can "work it out." Use the buildings floor plan and in addition, measure. Include closet space and usable wall space. Be certain that every thing you bring will have a space.

☞ Sorting and decision-making. Colored dot stickers are a great way to identify what is (green) or is not (red) going to your new place.

This allows you keep your home livable through the process and make moving day go much smoother.

☞ Break down the sorting process so it doesn't seem so daunting. Start where the decisions are relatively easy, like a space bedroom. Identify where unwanted items are going (e.g. family, estate sale, consignment, charity) well before moving day.

Analyzing your new lifestyle will help you with paring down passions; your new resident may provide housekeeping, maintenance and dining services, so it is time to toss what you won't be using.

☞ Address changes. At least one month prior to the move, change the address on every important thing you receive in the mail. Review your checkbook for other important changes. The post office has official change of address forms.

☞ Packing. Try to do all your decision-making before starting the packing. It's challenging to pack and make decisions simultaneously. We recommend carrying medications, remote controls, cell phones, and expensive jewelry in a personal bag. Label each box with contents and room destination.

☞ Moving Day/Resettling. Recruit all the help you can get and unpack your new place as quickly as possible. The sooner things you resettle the sooner your new place will feel like "home."

Early planning, preparation and attention to detail can greatly help you minimize the stress of a move for yourself or a love one.

Sincerely,
Paul R. Blom, Owner

*Diane Bjorkman and Bill Lehman are co-owners of Gentle Transitions, a Twin Cities company that has been recognized nationally for its innovative senior moving service, 952.944.1028 or 651.224.0335
www.gentletransitions.com*