



Mrs. Powell and Ms. Vicky Riley Keyes

## Benefits of hiring a senior move management company

**Catherine Powell, a resident of** Toronto, Ontario knew that she needed help downsizing and moving from her home of 40 years into a new retirement community. Mrs. Powell knew that as much as she wanted her children, who lived out of province, to help through this difficult transition, they would not be able to come for much longer than a few days. She needed help.

A friend of Mrs. Powell's from Florida told her about how she had solved her own difficult transition through the National Association of Senior Move Managers ([www.nasmm.com](http://www.nasmm.com)). Mrs. Powell had never heard about such an organi-

zation, let alone, know that there were companies out there to help her, a senior, thorough this difficult transition. With her friend's advice and help from the retirement community she was moving to, Mrs. Powell set about hiring a senior move management firm. It was a choice that many more families are discovering to be a smart move.

**Why is moving so difficult for seniors?** Senior Move Management is a relatively new service in Canada, but south of the border this service has been growing steadily for the past 19 years. The reason is simple. For seniors, the very thought

of downsizing and moving from a home they have lived in for decades is quite a daunting task. And for an "adult child" that does not live close to his or her parent(s), helping can be problematic. So much so, that the decision is often postponed until a later date or indeed when a fall or accident necessitates a swift move without a lot of planning.

### What can a senior move manager do for you?

Whether you are a caregiver, the child of a senior or a senior yourself, a senior move manager can take all the worry and stress away from making a transition to a new home. An initial consultation will provide you with information on the services available and how the senior move manager will assist you with your relocation. This initial consultation is usually free. Here are five key things that a senior move management firm will do for you:

- 1) Help you decide the most appropriate pieces of furniture to bring and provide you with a detailed floor plan of your new home.
- 2) Work with you on the "sorting process" and help you decide what to keep, what to sell or give away. This is a very difficult process, but a most important part of letting go with the old and preparing for the new.
- 3) Arrange for sale of items not going to the new home through an antique specialist, by putting them on consignment or arranging for a content sale. Remaining items will be recycled to a worthy charity.

- 4) Assist with all the little details, such as change of address, cable, telephone and utilities.

- 5) When it comes time for the actual move, your senior move manager will book elevators, arrange for a reputable mover, pack, unpack and set everything up for you in your new home, ready for you to start your new life in your new home.

### Where can you find a move manager?

There are a number of Senior Move Managers now across Canada. Ottawa, Toronto, Niagara Falls, Vancouver and Victoria are some of the major cities where these services can be found. Ask one of the retirement residences in your area for the name of one such service. In the United States and Canada you can also visit the web site of the National Association of Senior Move Managers ([www.nasmm.com](http://www.nasmm.com)) for more information.

When hiring any service company, always ask for references of other clients that they have serviced. Ask if they are bonded and insured, and how long have they been in business. Ask the retirement residence if they have moved many clients in.

### The bottom line?

Hiring a Senior Move Management company is a smart move. It's a great way to reduce the worry and stress from downsizing and moving with or without family help to a new relocation. ■

*Vicky Riley Keyes, is the owner of Red Coats Moving Solutions Inc, a company specializing in helping seniors downsize and move. For more info. 416- 920-1317 or [www.redcoatsmoving.com](http://www.redcoatsmoving.com)*