

“Planning a Move to a Senior Community”

By Jennifer Prell

Moving to a new home can be an exciting time, but it can also prove to be stressful as well. However, if you work closely with your family and friends to develop a plan, the transition to your new home can run very smoothly.

Here are some simple tips to help you stay on task and streamline your effort:

Ask for help: Don't be afraid to ask for help if you can't decide what you want to keep and give away. Recruit family members and friends to help with this process. You may want to go through old pictures, label them with dates and the people in the pictures, so that your family memories are preserved. You can also reminisce over heirloom pieces and discuss their ancestry.

Take your time: Don't wait until the last minute to pack everything. Allow yourself plenty of time and set small goals – pack one room a day and don't move on until a room is completely packed.

Organize your belongings: Sticky notes or colored stickers are an easy method for labeling your boxes and belongings while keeping them organized. Assign a different color to each group: items going with you, items going into storage, items you're giving to family members and so on.

Inventory your possessions: Divide all your possessions into two groups -- what you “must” take with you and what you “want” to take with you. The “must” list should include everything you need to live comfortably in your new home. The “want” list should include items that aren't necessary, but are perhaps emotional or decorative. Review both groups then pare them down until you have identified what you need to live happily and comfortably in your new home.

Plan your new space: Not all of your furniture may fit into your new place, so measure each room at your new living space, and then identify the pieces that will best fit there. If you feel your current pieces just won't fit, treat yourself to some new furniture. Just don't forget to measure before purchasing!

If you don't have any help or you find that planning your move is too overwhelming, consider a service like Paxem, Inc. (www.Paxem.com). They are senior relocation experts and they can take you step-by-step through the whole moving process, reduce your stress and make the entire experience easier.