

## **Moving Stresses: Help to Make Your Move to a Senior Community Easier**

To some, the thought of moving to a senior community can be so scary, *“Why would I want to leave my home? I have raised my family here.”* For others it can be exciting, with thoughts of a new environment and the possibility of making new friends. Still to many, it’s immensely overwhelming, *“Move? I have fifty plus years of memories in this house— everything from my grandmother’s china, my kids belongings from childhood, old Christmas decorations, old home movies. I can’t pack up all of this on my own! How would I get things to my new home? I don’t have a truck! My kids are too busy to help.”*

When the feelings of being overwhelmed and not having enough help creep in, many people will put off their decision to make that much needed move to a senior community. *“Maybe next spring! The sun will be out and the weather warmer. Maybe I will want to move then.”* Then, spring rolls around and all of the feelings of being overwhelmed and not knowing what to do with fifty plus years of memories come back.

Good news, there is help! There actually is an entire industry of people who cater to helping seniors through this transition—from identifying that a move needs to be made, helping to identify where to move, helping with sorting, packing, moving and getting settled. And that’s not it! Once you are there all moved in, there will also be a team at your new community to help you get settled.

Senior care managers help individuals and families make decisions on identifying it is time to move, they help you look into your options and make decisions that are best for you. These professionals will work with you by taking into consideration: where in the city you would like to live, as well as your finances and the type of lifestyle you would like to have. The process is taken a step even further, when a senior move manager comes on the scene.

A senior move manager will also work with you in your home as you sort through your belongings. They also assist you in making decisions on what to preserve for memories, how to handle the garage full of old paint and chemicals that need to be dumped, packing, and choosing a moving company. In fact these move managers will unpack your new apartment and set it up for you too, so that you feel at home!

But it doesn’t stop there. Once the stress of moving is over, the stress of getting acclimated may arise. Have no fear, as mentioned earlier, this is an industry full of caring loving people. These professionals want to see you acclimate and succeed in your new home. Resident relations and other departments in your new senior community will work to ensure that you feel comfortable, safe and secure in your new home.

So maybe, just maybe, a move to a senior community isn’t as stressful as you once thought.



### **About the Author**

*Michele Smits is the Director of Sales for The Village. Her team is responsible for assisting prospective residents and their families through the decision-making process. Michele has worked in the sales industry for more than 20 years and has been in the health care industry for more than 15 of those years; in the areas of sales and marketing management, as well as account management.*