

ATLANTA

BUILDING NEWS



ATLANTA 50+ HOUSING COUNCIL

Preparing for a Later Life Move

By Adrienne Simpson, Smooth Moooves Senior Relocation Services

The population of America is living longer, healthier lives. In the United States, one in every six people will be older than age 65 by the year 2020. Every six seconds, someone in America is turns 60. By 2020, more than 75 million Americans will be older than age 65, and nearly 7 million more will be older than 85. Many of these seniors are choosing to relocate to retirement communities and smaller homes to reduce the responsibilities of managing a house. Seniors don't move because they want to. They move because they have to, and as such, have myriad tasks and decisions to make.

The relocation process for a senior can be physically exhausting, emotionally draining and even traumatic. When a senior decides to move, it's often because of a life-changing event: failing health, the loss of a spouse or the upkeep of a home that has become too overwhelming. When a senior moves, they typically downsize. They do not take everything with them, and seniors have to make tough decisions on what to keep, give away, sell and donate. Imagine what it would take to move your parents or grandparents out of a home they have lived in for decades.

The relocation process to a retirement community must be stress free and relaxed to ensure a smooth and quick emotional transition for the senior into his next stage of life. For a successful senior relocation, you must have a plan.

Declutter – Start the sorting process. Do not dispose of anything that may have value.

Leave a legacy – Discuss the distribution of non-titled property. Share stories of what makes items special. This step is critical because if stories are not shared, when the senior is gone and it's time to clear out the home, everything will be considered disposable.

Celebrate the old home – Invite family, friends and neighbors to

celebrate the good times shared in the old home. Take pictures and videos.

Involve the departing senior – If the senior is mentally able, involve him as much as possible in all decisions. He will be the one living in the new home and must be comfortable with the decisions made.

Plan for what to take to the new home – A later life move often involves moving into a smaller space. Measure and know how much space there is in the new home. Select items that can serve double duty, such as a cedar chest that can be used as extra storage and a coffee table.



Interview packing, moving and estate sale companies – Get references from family and friends. Be sure all are licensed, bonded businesses with insurance and professionally trained employees. After the move, conduct the estate sale, arrange charity pick up and home clean out.

One of the great benefits that often accompany a later life move is the opportunity for a senior to become part of a community again. Moving to a retirement community can bring new life to a senior. He will have new friends, be involved in a new community and get engaged in life again.



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