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Your Life, Your Rules

A Season of Transition

So many questions ... but how do you really know if it's time?

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From the summer sun to crisp autumn days, nothing symbolizes change better than fall. For many, it's a time to set new routines, go back to school, and maybe elect new governing officials. The colors are changing, the scenery is changing ... life itself is changing. A period of transition between the long, warm days of summer and the cold of winter, fall is nothing if not a season of change.

Just like the changing seasons, we also have seasons in life where periods of transition bring new growth. A move to senior living is one of those transitions. With so many senior-living options to choose from and so much to do before a move to senior living, this time of life can seem busy and chaotic. From selling a beloved family home to downsizing your estate, this is certainly a season of change. But how do you know it's time to move? What should you bring with you? What should you do with the rest of your possessions? All of these questions are important, and sometimes answering them only results in more questions.

That's where we come in. We are experts in senior living and are here to help you work through this season of change and enter a more settled and comfortable way of life.



Is it Time to Consider a Change?

Deciding to move to senior living is the first step in what can feel like an intimidating process. How do you know if now is the right time to consider a move? Start by answering these questions:

- Do you feel lonely?
- Are you tired of the hassles of homeownership and desire a more carefree lifestyle?
- Do you miss a sense of community because friends have recently moved or passed away?
- Does the idea of living among peers seem exciting and fun?
- Are you finding it hard to keep up on housework?
- Have you found expired or rotten food in the refrigerator?
- Has your yard maintenance been slipping?
- Are there piles of unopened mail and unpaid bills lying around?
- Are you concerned about your safety and security, and would you appreciate a 24-hour care team?
- Are you neglecting personal grooming habits and bathing or forgetting to change clothes daily?
- Have you lost or gained a significant amount of weight?
- Have you noticed that you are forgetting to take medicines or turn off the stove?
- Have you fallen recently, or are you concerned about falling in your home?

If you answered yes to one or more of these questions, it may be time for you and your family to consider the comfort and safety of a senior living community.



*“How do you know it’s time to move? How do you actually move?
How do you leave a family home that you have loved for decades?
What should you bring with you?”*

7 Tips for a Successful Move

Like most things, one of the hardest parts of moving is getting started. Beginning the moving process often means sorting through decades’ worth of items to decide what will stay with you and what will have to go.

When it comes to downsizing and making the hard decisions about beloved household items, start small and work your way through the house slowly. These seven steps will help you plan an efficient and less-stressful move into senior living.

1. Buy a moving notebook.

Here is where you can track important phone numbers, notes about miscellaneous items, donation ideas, etc. This will help you keep everything organized in one spot, and writing lists can help you de-stress and tackle the task at hand.

2. Consider hiring a moving manager.

If finances allow, a senior move manager will help you sort through the home and provide an unbiased third-party opinion on items. Professional senior move managers are well-equipped to ease stressful family situations and are skilled in the sorting and packing that comes with a move to senior living.

3. Request floor plans.

Having an accurate floor plan with room measurements will help you decide what can come with you to your new home. Keep this accessible as you begin downsizing; it will help you stay focused on how much space you’ll have for furniture and household items.

4. Tackle one room at a time.

Don’t take on too much at once. Start sorting the easiest room to get a small taste of success and encourage you to keep going. Remember, though, sorting does not mean packing. It means deciding whether each item will be sold, donated, discarded or moved with you into your new home. Make notes in your notebook on anything you need to follow up on.

5. Purge useless paperwork.

Don’t attempt to sort through years of receipts, checks or paperwork at this stage. Stack important papers in a separate pile and go through it later when you will be able to shred those old documents. Keep the momentum, and don’t be hindered by tedious sorting now.

6. Donate what you don’t want.

For items being donated, decide where to take your donation. Goodwill, Habitat ReStore, The Salvation Army or a local charity will often take household items; many are even willing to pick up your donation at your home. Consider having an estate sale to help clear out the home of unwanted items.

7. Start packing!

As your move date approaches, ask friends and family to come help. Once everything has been sorted and marked, it will be easy for helpers to come in and put the remaining items in boxes. Label each box with a room and brief item description (i.e., kitchen/dishes) so movers will know where each box goes in your new home. Keep important items, such as keys, cell phone, relevant contracts, first-aid kit, medications and your notebook, separate and accessible so they don’t get packed away.

We know that there are a lot of small details involved when moving to a senior living community, and we are committed to helping you every step of the way. This transition can feel like a season of uncertainty, but know that you are not alone. We have done this before, and we are here to help you work through this season of change and begin the next part of your life. It’s time to step into a great adventure in one of our premier senior communities. Start your journey by exploring our communities today at www.leisurecare.com/our-communities, or call the community nearest you for more information. You can find our list of communities and phone numbers on the back cover of this issue. ♦