

Relaxed Relocation: Be A Senior Who Knows the Moves

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Hardly anyone liked the task of moving when they were younger, and the distaste for it grows as we get older – not to mention it's an unkind reminder that we may not move, lift, or balance as well as we did several years ago. While professional movers can be a blessing for anyone faced with relocating, you will particularly appreciate them now, especially ones who specialize in [senior moves](#).



Many seniors are finding renewed solace in a quieter and simpler life, and precede their move with downsizing a trove of collected but unnecessary items; a senior moving company can assist you with this process as well. And while some seniors are moving from their homes into planned senior communities, assisted living or nursing facilities,

other seniors continue to flourish in diverse yet quiet communities. If this sounds like you, you may be a fit for a unique rural but close-knit community like [Sky Valley, CA](#), giving you the tranquility you crave with [life-enriching](#) social engagement.

Get a move on!

One of the first things you can do to facilitate your move is to make a list of what is *not* going with you, along with where you want it to go. Including [family members](#) in this process can help with the entire transition, as they may want some items that hold dear memories and to keep a tangible connection to you. Look for reputable charities and organizations that can make good use of your household items; many [charities](#), hospice centers and organizations that cater to seniors appreciate such donations and will even come to your home to pick them up.

If you're selling your home as a part of this process, this [downsizing will help](#) by reducing distracting clutter. An experienced real estate agent can help you present your home with your remaining items with professional photography or videos; or, if you already have your new home

ready for the rest of your belongings, you can hire a [professional stager](#) to bring in rented décor, showing your home in its best possible light. Be sure you also educate yourself on your home's worth prior to listing it. You can find home-value estimation [tools online](#) that can give you an idea of what you can expect to get for your home, using the most up-to-date housing sales data in your area.

There's more help out there than you know

You can find an experienced and reputable senior moving company through the National Association of Senior & Specialty Move Managers, or NASMM. Other organizations, like AARP (the American Association of Retired Persons) can provide you with [helpful tips](#) and discounts. About three weeks before your move, be sure you set your transfer dates for your utilities and services, your prescriptions, and put in your change of address with the post office. If you're moving to a new city, ask your primary health care provider to make a recommendation for a [new caregiver](#) in your new location. If they don't have any, see if your peers have any recommendations. You can also go find names through your insurance provider and the American Medical Association.

NASMM can help you find a senior move manager that can assist you with all of these [details](#) that can be time-consuming and stressful during a time when you are already tracking so many moving parts. They charge a fee, either hourly or job-based, but that cost may be far less than the cost to your nerves and overall well-being. They will create a customized moving plan for you that includes not just helping relocate your downsized items, but unpacking and seeing you settled into your new home.

With the preparation you or your senior manager have done, your only worries in your new home should only be where you put the television. However, make sure that you also have your locks re-keyed; you don't want to take a chance on someone in the previous homeowner's life, whether it's a family member or the dogwalker, still having a spare key. It's an extra cost; it will vary but usually averages from \$50 to \$150, and it's worth the peace of mind. Find a reputable [locksmith near you](#) who is insured and bonded by searching online in your new area. A top-rated one should have good online customer testimonials and ratings, and offer a warranty.

Moving along

After one experience with a moving company experienced in senior moves or a senior moving manager, you'll wonder why you didn't have such help decades ago! The important thing, though, is that you are now where you want to be, living the life of contentment you deserve. That's how the residents of [Sky Valley, CA](#) feel, and they wish the same life of serenity for everyone.

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