

Nest Building

RELOCATING IN OLD AGE

by KATE BRIDGER

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During our lifetimes, most of us move house several times—some moves are more significant than others: for example, leaving our parents' home to live in a college dormitory, buying our first house and, finally, downsizing and relocating in our old age.

The last mentioned move is especially challenging often requiring us to let go on so many levels. A move may be necessary for health reasons, which often necessitates giving up some independence. In other situations, it is simply impractical to occupy a large house and certain possessions and house-associated memories have to be relinquished.

Help is available. You can hire a professional moving planner whose job it is to ensure that every aspect of your move goes smoothly—from sorting, packing and preparing you to leave, to arriving and settling at the new location.

Shari Lowther is a certified moving consultant in the Crescent Valley who began her 'Home2Home' business earlier this year.

"What I noticed," remarks Lowther, "was a lot of seniors' families where out of the area and they didn't have anyone to help them."

She says most of her business comes from the elderly for whom moving is often upsetting and disorientating as well as physically daunting. Those suffering illnesses, i.e. loss of mobility, dementia, etc. find the process particularly difficult.

Lowther explains that when there are no relatives close by "we have to make sure that the family is aware of what is happening at all times, and we work in teams to help avoid any misunderstandings."

It is important to remind anyone uprooting themselves and moving elsewhere that it is only the four walls and the roof they are leaving behind. Memories and our innate sense of 'home' and belonging remain with us always, are completely portable and don't take up much space.