

MOVING IDEAS

How To Make Moving Less Stressful For Seniors

(NAPSA)—An estimated 1.6 million people over the age of 65 will move this year. Whether you're moving your parents to another home or a retirement community, this kind of move can be nerve-racking. Experts at Mayflower Transit say planning and organization are key to making the move less stressful, and they offer the following tips:



Let a professional mover handle the packing, so you can focus on more important matters.

- Begin the conversation early. Enlist the help of friends, physicians or caregivers to ease the transition.

- Many people will have to scale down their belongings. Compare the new and old spaces. Visualize where current possessions will go and decide what to do with the rest.

- Whoever packs the belongings assumes liability for any breakage, so let a professional do the packing to ensure minimal stress and damage.

- Keep history alive by donating unwanted keepsakes to local antique shops, historical societies, etc.

- Follow a step-by-step timetable for packing and moving. A moving representative can give you a detailed calendar to follow.

For more information, visit www.mayflower.com.