

Downsizing Diva

Planning a move?

Downsizing Diva can help with all the details... from start to finish

Moving Seniors and their families with care, compassion and sometimes, comedy!

SPECIALISTS IN DOWNSIZING & MOVING FOR SENIORS!



Brenda Alderdice (416) 818-8249
www.downsizingdiva.com

Young AT HEART

Moving your folks!

Often, the most difficult decisions are those that must be made during a time of crisis. Downsizing, clearing clutter, getting organized, simplifying, whatever you call it, it's easier to do when broken down into manageable tasks.

Getting your own house in order is difficult enough; the real challenge comes when you're faced with helping your parents downsize.

The emotional aspects of selecting furniture and keepsakes to take to a new place, whether it is a condominium, retirement residence or care community, can be overwhelming. It is a project that should be approached with a clear plan, lots of patience and a sense of humour!

Where do you begin to help your parents sort through years of accumulated treasures and the memories that accompany them?

Get rid of garbage first! When you get rid of the obvious garbage, you set the stage for the rest of the downsizing process. Recycle the boxes of bags and bags of boxes, empty bottles, fast food flyers, foil pie plates and ugly lamps. Toss chipped mugs, odd socks, dog-eared books, and broken appliances. Lighten-up!

Purge Clothes Closets! Be ruthless! If your parents are moving to a place where laundry will be done for them, select clothing that requires minimal care.

Identify furniture to be moved! Armed with an accurate floor plan for the new place, select items that are both functional and familiar. Take only enough furniture to fit the space, not overwhelm it.

Pack Decorative Items! Decorative items make a new place feel "just like home".

Favourite paintings, framed photographs, treasured souvenirs and gifts from grandchildren help with the transition from the family home. They also provide something to talk about when friends come to visit.

Gather Hobby Equipment! Without the worries of home ownership, your parents will find themselves with more time to enjoy life. It's easier to adjust to a new environment if there's a collection of favourite books, hobby supplies and/or familiar board games on hand.

Downsizing sounds so simple and yet, it is one of the most challenging tasks you and your parents will ever go through.

Take the time to listen, laugh, cry and celebrate the memories with your parents. It will make the transition easier for everyone!

Brenda Alderdice is a Move Organizer Extraordinaire and owner of Downsizing Diva Caledon — the company that helps Seniors and their families downsize and move.

Check out her website — www.downsizingdiva.com or call for a free 1 hour free consultation at 416 818-8249 **DOWNSIZING DIVA**

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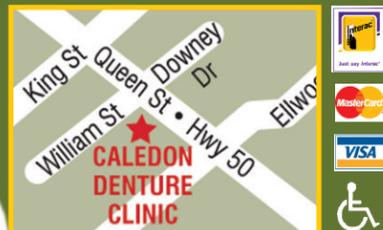
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Get help the moment you need it

Are you a senior living in your own home or condo? Did you know that many seniors fall or injure themselves within their own home each year and this leads to avoidance of many every day activities because they fear falling again?

To help reduce injury, fear from falling and to enhance your independence and well being, consider Help Call Personal Emergency Response Services that enables you to get help the moment you need it simply by pressing a waterproof, wireless Help Button.

Falls, personal safety or medical emergencies can happen in a split second and the longer you do not get help the more critical your situation can become. The Help Call

Personal Emergency Response System allows you to live independently with peace of mind that when you do need immediate help we are there for you 24 hours a day, 7 days a week at the touch of a button. We can arrange the help you need immediately, either from a family member or neighbour for less serious incidents or Emergency Services for more critical situations. Your personal Help Button can be worn as a pendant or wristband.

This service is available for just over a \$dollar a day so invest in your safety and independence and call us today to set up this service quickly and easily in your home. **Contact HELP CALL at 519-941-5712 or Toll Free 1-866-839-0334.**

