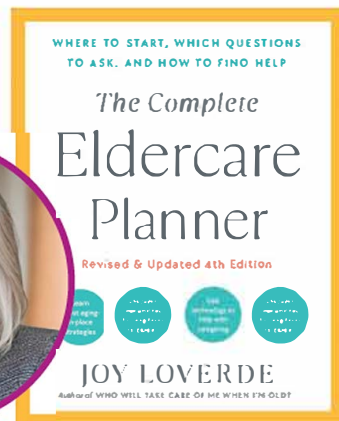


Moving Your Parents: Advice From an Expert

Joy Loverde, best selling author of *The Complete Eldercare Planner*, offers thoughts on parents and moving.



What does the move mean?

When parents start talking about moving, it can mean that something is going on. Are they experiencing problems they may not be telling you about? Is the house beginning to be too much? Are they having memory problems? Can they no longer drive and won't tell you? When a parent brings up moving, you might ask, "What's the reason behind the move? Is there something you want to tell me?"

It's a process.

You should anticipate that moving a parent may be a stop-and-start process. Your parent may say, "Okay, I'm moving." And then they start to get overwhelmed, and they stop. Just because parents mention they're going to move, it's often not a nice, straight line; it could take longer than you think and get delayed at any time.

It's more than just a house move.

Moving your parents doesn't end when they move homes. They may need new doctors, want to know

what the new neighborhood is like, or how they'll get around—all kinds of questions will need answers.

Make sure of the legal paperwork.

A parent might say they have all the paperwork to sell their house, but they actually may not. Put eyes on the paperwork needed. If they say everything is in a box, open the box. Then, you'll know where things are if anything is required.

Let your parents feel in charge.

For a parent, moving is also experiencing losses. They're saying goodbye to routines, friends, neighbors. They're going into the unknown. It's scary. And it takes time to be happy with their new home. So, keep them in the driver's seat by allowing them to make as many decisions as possible. If you move a parent to some place they don't like, it's just going to be trouble.

There will be stress.

You may feel overwhelmed at times. That's normal and expected. But it's best not to show that stress by telling everybody, "This is how it's going to be." It may seem like a way to handle the stress, but with all the emotions and potential conflict, it can easily backfire.

Find a trusted resource.

Dealing with parents during a move can be complicated. It's wise to have resources you can trust to help you through it. When I moved my mother, my real estate agent was an invaluable partner. She made everything easier.



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