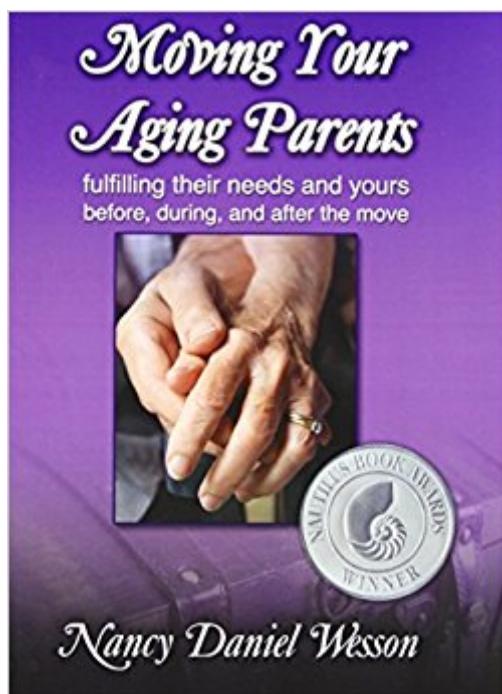


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# Moving Your Aging Parents: Fulfilling Their Needs And Yours Before, During, And After The Move



## Synopsis

Whether whittling down to the essentials for a parent moving into a room or two or downsizing for ourselves, ignoring the spirit and basing decisions on health and safety alone could have devastating results. In this hope filled book you will learn how to: Identify needs and desires to create a quality new life Cope with the Depression Era mind-set Create emotionally sustaining environments to nurture the soul Ready and sell the family home Ask the RIGHT questions to help divest of treasures Manage your energy and spirit throughout the process Expertâ™s Acclaim for Moving Your Aging Parents "A creative and inspiring godsend for helping Mom and Dad transition to the next phase of life. Valuable for caregivers, healthcare professionals, and seniors interested in aging with independence, dignity and grace." --Jacqueline Marcell, author Elder Rage, host of Coping With Caregiving radio show "What a truly remarkable and elegantly written book. The information is relevant for every relocation regardless of the age or circumstances of the client." --Sally B. Yaryan, Director, Professional Development & Education; Austin Board of REALTORS (r) "As a thirty-five year plus veteran of health care practice as a Registered Nurse, specializing in the care of the elderly, I offer my heart-felt endorsement of this excellent book. It offers concrete plans to follow and emphasizes the emotional and spiritual counterparts that transform seemingly difficult chores into acts of mutual joy, growth, and love." --Mary Durfor for Rebecca Reads Learn more about this author at [www.FocusOnSpace.com](http://www.FocusOnSpace.com) From the Aging With Grace Series at Loving Healing Press [www.LovingHealing.com](http://www.LovingHealing.com)

## Book Information

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## Customer Reviews

Ms. Wesson - I bought your book back in July to help me begin the process of approaching my parents (80 and 85 years old) with the idea of selling their house and moving closer to their two daughters. I didn't know where to even start until I found your book. I read and reread it then gave it to my sister to read. We formed a team: my husband approached them after the sudden death of my brother-in-law and discussed it with them and they agreed it was time. We found a suitable house here on the next street and bought it in September, had repairs made then I cleaned and painted it. I made trips to help my parents sort and pack (47 years' of stuff). We moved them in October and my sister was in charge of selling their house. It sold in 10 days. Tomorrow, we will celebrate Christmas at my parents' new house. It's taken them a while to settle in but I think they are adjusting well. Mom has decorated the house and put up her tree and we are having dinner there. Dad is using a notebook I made him with maps to everyplace he needs to go in the area (straight from your book) with no problems. I get to see them everyday when we go over there to walk their dog together and greet the neighbors. Every chapter of your book was invaluable to us and because of it, our family will have a wonderful Holiday. I wish you a very Merry Christmas and much happiness and prosperity in the New Year.

Working with realtors and elderly on how to work together is difficult. This book was helping and allow us to assist several elderly in the process.

No help what so ever.

This was a good book, and it covered what I think are all the important issues - identifying their needs, coping with their emotional and practical issues about moving, deciding what to keep and what to get rid of, selling the family home, and trying to do all this while respecting their dignity and individuality. What this doesn't cover, and what I wanted it to cover, was how to change MY parents' minds about moving out of their home and near to one of their children in the first place! My parents really are too elderly and sick to be living in the middle of the woods in the middle of nowhere with the only hospital 45 minutes away, in an area where it snows a lot, where the nearest grocery or drug store is also 45 minutes away, with no reasonable bus service, no nursing homes (except 2 1/2 hours away) and no system of home health care in their area for the elderly. They chose the worst possible place to retire unless they were both in perfect health. **HOWEVER**, that does not make them even remotely willing to move, as this is the house they have been building for 45 years. What I wanted from this book it was unable to give me. It does give advice on how to start the

conversation about moving for safety and health reasons, etc, but there really is no magic formula for getting them to agree in the first place. All three of us children have had this conversation with them, all three of us have offered to handle all the hard parts of moving for them, but ultimately, they built that house, and they want to die in it. In the end, I have decided to respect their choices for independence over my preference of safety. I wish it were different, but I can't make it so.

We are the aging parents who needed to move! We sold our house, every corner and crevice overflowing with forty years of our family's life, and moved to an apartment. The overflow filled two storage garages and a storage room (and that was after we gave away some large items). Author Nancy Wesson covers practical, soulful, and medical needs in a variety of thoughtful settings. She makes a compelling case for being sensitive to the emotions of someone who is downsizing, as well as looking out for the physical requirements. She includes a section on how to meet the special needs of elders who have low vision or hearing, Parkinson's or Alzheimer's disease with specific details known to experienced caretakers. As I read Nancy's admonishments for caretakers to remember to be kind to themselves too, I was amused to realize that I needed that advice. I had been rather hard on me, demanding too much of myself at times during our move. This guide goes so far beyond downsizing or even helping elders downsize, that it surprises me that I also found it easy to read, and easy to implement her ideas. I'm so glad to have received this particular book as part of my participation in the LibraryThing Early Review program, because I have made room in our new place, in my new life, in my heart, for things I would have put aside without Nancy's wisdom. Retirement, it has been often noted, is not undiluted joy, but can also be a time of facing new limitations, whether they be physical, financial, social, or all three. Nancy shows how to put the joy back into the Golden Years. I dusted off my portable sewing machine, and discovered it can fit under and on top of a desk, making the area dual-use, then added my laptop for a triple-play. I brought my hand-loom out of retirement, and have been inspired to combine weaving, beading, crochet and sewing, making unique designs. It is fun to give myself permission to ignore "the rules" and make something just for the pleasure of it. I cannot recommend this handy collection of practical wisdom and nurturing encouragement too strongly. Even people who are not moving could benefit from reading Nancy's book, as many of us could benefit by sorting out our lives, belongings and activities to get a fresh start on the tangle of possessions and frenetic scheduling we call home.

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