

## **Organizing for our Seniors**

**For our Seniors:** Semi-retired, seniors in transition, purging, selling, downsizing, etc. What this really means is that we are working directly on client cases purging & downsizing, making **hard** decisions on decades of items near and dear to them, gifting, donations, momentous, pictures, mountains of paperwork possibly needing to get in order for the right parties, allowing them some 'breathing' space to partner with them and start the sometimes longer process to move them in the right direction for that inevitable down the road scenario when they will need to address other living arrangements such as over 55 or 65 communities, assisted living, whatever it may be - BEFORE it becomes a sudden emergency or rehab situation.

When dealing with seniors this is a bit different depending on the personalities, their perspective of their situation presently or denial of it, what their families or medical team is wanting. Often times our first call is from a daughter or son quite frustrated with their parents, as you can imagine, in trying to move things forward, make things happen now, trying to get their parents to quickly purge, move or whatever - Sometimes calling us in as a last resort. They are head to head with their parents on wanting things done according to **their plan**, their wants, etc. **without really** taking the time to understand & listen their parent's views, wishes, and voice in the matter of their own day to day lives. The kids are truly trying to do the right thing by their parents, their hearts are in the right place but their approach is all wrong!

We work with these families to build a partnership life management plan for them, where they all can agree. Usually this will mean starting with a burst – making a fast difference in maybe an area that has really gotten under their skin that they themselves haven't gotten to – but always wanted to.

By doing this we are not only starting by earning their trust, learning more about what matters to them personally, what their wishes are, frustrations, wants, needs, voice, gifting to grandchildren, kids, would look like, etc.

Often times we learn so much by listening to their hearts , their stories, histories, and why the friction is occurring – usually comes down to something simple such a particular item for gifting, or something they haven't finished making such as a quilt or piece of art that has them hung up. These things should not be discounted as they are VERY important to them!

**So I would ask you to take a moment and put yourself into their shoes**, lives and Just imagine – your THAT couple having raised 4-6 kids, many grandchildren, living life, assuming (as we all do ☺ ) that we'll get to that project soon, now maybe some medical issues have now crept in the way & now you're trying or being forced to suddenly go through a full house of things, all holding special memories for their family years...hard decisions really. Organizing services such as this scenario require a plan, it is a process over time – there needs to be closure to parts of their lives to be accepted and decided upon to step into the next phase of their retirement. This takes a bit of time and graceful acceptance!

Plan early, enjoy life and work your plan over time – set up a calendar for yourself, spouse and kids to make ongoing age-appropriate decisions on your stuff over time!

**So in ending** going through a fast-paced 'organizing project' is kind of like The Elf on The Shelf really –you JUST GOTTA BELIEVE! Sometimes the chaos, paper piles, or material stuff you were living in gets worse or feels more overwhelming than when you started but truly...THERE IS a light at the end of the tunnel and soon you are basking in the sunshine! So start a project that you have been putting off today and get it done –you'll feel lighter and truly great! We are here to help you!

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