

Moving is a Big Headache?

by Julie Lincourt

Do you have in mind to move but feel overwhelmed with all the tasks you need to do before? This article may give you a few answers to your questions and help you taking it one step at the time.

The first step would be to name the reason you want to move, is it for safety, to have less work to do around the house, to reduce the amount of stress to maintain a house or may be the need to be around people. It could be for all those reasons, but the important thing is to find a new living environment that will suits your needs. Many options are available, you can buy a condominium, rent an apartment or find a Senior residence in your area.

Than when you have a destination you can start figuring out what furniture you can bring and what you will need in your new home. Than come the time to downsize, that is where the fun begins! Did you know that there is so many organizations that would be more than happy to receive the extra food you won't eat, the towels and sheets you wont need, the books you won't read? You have big furniture and you want to buy smaller bedroom set or table, you can call a "Brocanteur" and you could arrange a pick up and a switch for smaller furniture or may be get money for it and start over new with brand new furniture. It might appear difficult to get rid of your belongings, we tend to be sentimental over them, however downsizing does not mean you have to get rid of everything, in fact it is important to keep souvenirs. But I can assure you that traveling lighter will save you a lot of money and will allow you to start fresh and on a good basis.

Now that you have only what you need for your next chapter of your life, you will need to coordinate your move. If you decide to go with professional movers, be sure to let them know what you have to move; does it include the appliances or not, how many rooms are you going to move, and details of or new destination. Is there an elevator, are you located far from the door, is there a restriction in time for the move etc.

Than you need to take time to transfer your utilities such as the phone, the cable and internet. Make sure you have a coffee in hand and you are well seated, it might take a while.....you can also prepare all your change of addresses and transfer of your house insurance. I recommend you take a lot of notes and keep them together.

The day of the move finally arrives, make sure to pack a daily bag with your medication if needed, a snack and drinks. You can also prepare separately what you will need for your first night such as your pyjamas and sheets

for your bed. Keep the brome and mop a part so you can finish with a quick clean up before you go.

Now that you are in your new quarters you can relax and enjoy everything you have offered to you.

After reading this article, you still feel concerned and worried, you can ask for help and be accompanied in all those steps by Soft Transition, it would be an honor for us to become partners of your transition.

Transitional Services offered to Seniors



About Soft Transition

My company offers services to help with downsizing personal goods, relocate and move mainly for seniors' residents.

My services are bilingual, available everywhere in the Eastern Townships and are meant not only for the elderly, but their children, nephews and nieces or friends who need help to ease the transition for the next chapter of their life.

"I found Julie very helpful. I knew I had far too many items in my house to move but I was not sure how to do it so she was a real gift for me. I'm confident she would be a great asset to anyone who, like me, needed her expertise!"

A. Desjardins

Who I am

Having been director of a seniors' residence for nearly a decade, I have noticed the need when it comes time for a move. I have seen too many people completely lost with the extent of the tasks and easily worn out after they move. My desire to personally help them in this transition brought me to start my own company and use my expertise.

I'm able to easily establish a link of confidence and bonding with the elderly. I take real pleasure listening, understanding and helping them to choose the best option in their new life stage.

All these steps will be done with a lot of compassion, understanding and caring. My personalized support will aim in a soft transition for a new life.

Julie Lincourt
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The services offered:

- › Inform and guide on the best transition option (demystify the private sector versus public, the residence and home care).
- › Sale and dispose unnecessary belongings.
- › Coordinate the relocation with the moving company and the new residence.
- › Transfer and installation of utilities: phone, cable, internet, insurance.
- › Change of address and a follow up.
- › Installation of all belongings in the new pristine environment.
- › Dispose of all garbage and recycling.
- › Assure a satisfaction follow up with the newly installed client.

