

# Time to transition?

## CarePro Senior Transitions will assist seniors to:

- Evaluate the present residence for a move
- Assist in sorting and organizing
- Manage the move and set up the new residence
- Distribute property and belongings to appropriate places
- Review transition process with family



*We will help to ease the transitioning process for seniors and their families.*

### Senior Transitions

402 10th Street SE, Suite 600

Cedar Rapids, IA 52403

319.981.5716



*Connect with people and answers you need.*

# FAQ & Helpful Transitioning Tips

## Why transition?

- Remain safe at home.
- Distribute items “your way”.
- Prepare for a move to a smaller home.
- Decrease home maintenance.

## When to start to transition?

- Don't procrastinate! Start NOW!
- Pace yourself! Work at a comfortable pace and rest along the way.
- Give yourself plenty of time to make decisions.
- Take time to recall memories.

## Sort possessions. What will you...

- **Keep or move to the new home**
  - Focus on the important items.
- **Give to family and friends**
  - Ask which keepsakes they'd like to have.
  - Share background stories of items.
- **Sell**
  - Make realistic goals.
- **Donate to charity (repurpose)**
  - Consider a charity that offers to pick up.
- **Discard**
  - Toss anything broken, soiled or unusable.
  - Consult county's schedule for hazardous household waste and electronics.

## The 4 P's of transitioning - helpful hints

### Process:

- Begin the process early. Keep it simple.
- Start small and concentrate on little successes.
- Simplify your clothes closets.
- Create a staging area to help sort and store items during the downsizing process.
- When sorting, focus on one room at a time.
- Place colored sticky notes on items to indicate what is to happen with them.
- If you have a well-stocked pantry, freezer, and refrigerator, eat what you have. Don't purchase more.

### Paperwork:

- Sort through financial, medical, investment, and personal documents. Know what to shred or keep.

### Pills:

- Remove expired and unneeded prescription drugs from their container. Place in a zip lock bag with used coffee grounds or kitty litter. Seal and discard.

### Pictures, slides, movies:

- Sort through them and only keep special pictures.
- Consider having your photos, slides and movies professionally scanned.

**Don't forget to contact with your change of address...**

- US Postal System
- Utility companies
- Subscriptions

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