

NASMM@HOME can help you adapt your home for who you are **now**.

Moving may not be the best decision for you or your aging family member right now — due to personal choice, financial considerations, etc. But you still desire a change. Later in life, or at any age, our homes often become cluttered with our "stuff." Our homes don't work as well for us as they did a few years ago, or maybe decades ago. Most of us are overwhelmed by the daunting prospect of downsizing, de-cluttering, organizing, and discarding. We may need a lot of help, or just a little encouragement and assistance. Either way, Senior Move Managers can help with NASMM@HOME services.

NASMM Senior Move Managers® can assist you and your family with numerous downsizing and simplifying tasks in a current home! Senior Move Managers apply the same coordinated, compassionate organizing techniques to help you **STAY** in your home as we do to help you move.

Senior Move Managers provide guidance, encouragement, and hands-on help. We understand the physical and emotional stresses associated with later lifestyle changes, as well as the ethical, safety and communication issues that accompany working with older adults. Our focused services accomplish a great deal in very little time, so you save both time and money. The end result: You are happier with how your existing home looks and feels!

Through NASMM@HOME, Senior Move Managers can help you with some or all of these tasks:

- Defining your vision: "Where do we begin?" We can help you prioritize what areas need work.
- Creating a floor plan and repurposing your existing space so it works better for you **NOW**.
- Evaluating what you want in your home.
- Deciding what will be donated, sold or discarded and executing your wishes.
- Determining your future needs and simplifying your lifestyle ~ gaining the freedom to live the life you want. (For example, the things you use daily must be in easy-to-access places.)
- Exploring home care maintenance concerns.
- Reducing home safety concerns and eliminating common in-home hazards.

Downsize. Simplify. Stay at Home.

