

Moving Seniors Brochure

As consumers, it is often difficult to choose a product or company that will best satisfy our needs. This is especially true when the product or service is intangible.

Senior Transition, a company that helps seniors as they move to their next home, recently published a brochure that highlights their commitment and dedication to serving senior's and their families before, during and after the relocation of a family member.

The brochure, "Moving Seniors in the Right Direction," outlines Senior

Transition's many services such as: the personal assessment of the senior, review of available facilities, downsizing and the actual move. It also introduces you to Pat Cusson, founder and president of Senior Transition. Pat is a retired Registered Nurse with compassion, dedication and understanding of what seniors and their families are experiencing and what services they need during a trying and often emotional period.

For a free brochure, call Senior Transition at (401) 828-5020 or email sentrans@ids.net

Where Does All This Stuff Go? continued from cover

everything into the moving van and find, as the unloading process begins, that there is not enough room for everything in your new home. Tension, anxiety and fear quickly take over as you transition into your new home and life.

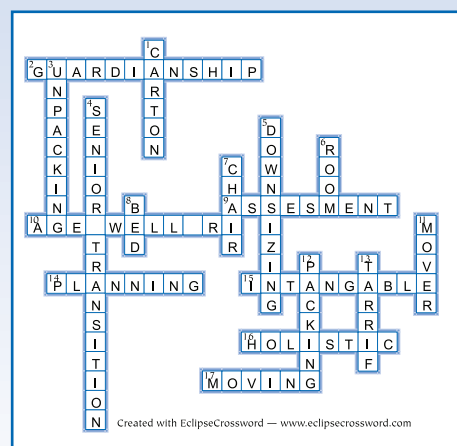
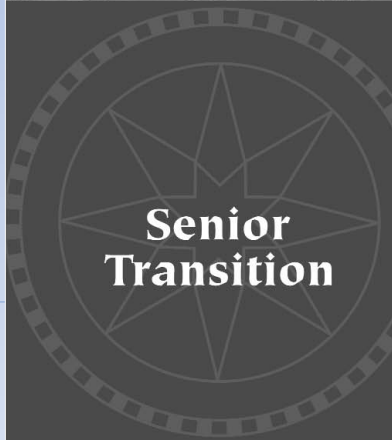


Fortunately, good planning greatly reduces this tension, anxiety and fear. Senior Transition provides valuable input and assistance before and during the downsizing process. And perhaps more importantly, they literally "map out" where everything that is being moved will go. "I usually put together a plan-o-gram, which is a floor plan

of the new home based on its measurements," said Pat Cusson of Senior Transition. "In the bedroom, for example, the location for the bed is decided upon before anything else. We draw it into our floor plan based on size and need for an electrical outlet for the night table. From there," said Ms. Cusson, "we plan where the dresser will go, as well as all of the other essentials needed for the room. We do the same for every room in the new home, taking the guess work out of moving, as well as the fear, tension and additional anxiety." It also helps to significantly reduce the cost of moving. The movers will know exactly where everything is to be located and in what order to bring in the furniture.

Planning also helps with the unpacking of all of the boxes. By planning correctly, all boxes are labeled with the contents and where to place them. This greatly reduces any aggravation associated with unpacking. It also helps to speed up the move-in process so you can relax and enjoy your new home and surroundings.

MOVING SENIORS... In The Right Direction



ANSWER KEY - CROSSWORD

"I urge you to plan every step of the moving process. It will help to make the transition a smooth one and make it a step in the right direction. The sooner you are moved and unpacked, the sooner you will be at home and ready to greet guests," encourages Pat Cusson.

Transition Times

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About Senior Transition



FOUNDED:
May 2000

OWNER:
Patricia Cusson, R.N.



MISSION:

To provide positive lifestyle change assistance to an aging population and their families by helping them secure proper housing to meet individual needs, while managing the process of moving to their new homes.

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Looking for a Mover?

There are many questions that come to mind when planning a move: "Who am I going to hire to move everything?" "How do I make sure I do not pay too much for the mover?" and, "Should I do it myself or have friends help me with the move?"

According to Richard W. Hartley Sr. or George Arpin & Sons Inc. in Cranston, RI selecting the right mover at a fair price is not too difficult if you plan properly and make the right decisions based on asking the right questions.

"First, says Mr. Hartley, before speaking to a moving company, decide which household goods are to be moved." Senior Transition can help you in the decision making process by creating a "map" or "blueprint" of your new home. "We measure each room of the new home for space requirements," states Pat Cusson president of the company. "This way we suggest where furniture can go and perhaps more importantly, we recommend which items should go with the move and which items should be gifted or sold."

"Choosing to pack things yourself or have a mover do the packing is another consideration in the moving process", says Ms. Cusson. An alternative is to pack inexpensive items and unbreakable item yourself while having the mover pack those items that are breakable and valuable.

Mr. Hartley cautions people who are about to get an estimate to inform the mover of any unusual circumstances that may effect the cost of the move. This may include parking problems associated with the move, access to the street and any delivery time restrictions.

When selecting a moving company check with the local Better Business Bureau, (BBB). Ms. Cusson suggests that you "find out if the moving company has a complaint record and if so, how those complaints were resolved. In addition to the BBB you may also want to ask friends and neighbors for recommendations and advice on movers. A reputable

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Where Does All of This Stuff Go?

For a smooth and comfortable relocation, planning is the hardest and most time consuming part of any move. Moving is 90% planning and preparation. 10% of the move is physically moving yourself and your belongings.

Planning includes deciding where to move; including type of home and location of home. Planning also includes what is and is not to be moved. This is often referred to as "downsizing." "Do I take the

refrigerator, stove, dishwasher, washer and dryer?" It further includes "Do I take the all of the beds and furniture, the piano, all the books and magazines, as well as the worn out gifts, and other stuff?"

Proper planning will help you and your family decide what furniture, accessories and mementos will make the move. Although it may seem painful to not "take everything," it is even more painful when you load

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What is An Elder Law Attorney? *By Lillian Magee Lloyd*

An elder law attorney is an attorney who devotes a substantial part of their practice to meeting the legal needs of elderly clients. In doing so, the attorney develops a special expertise in these matters. Broad areas of elder law practice include long term care planning, estate planning, disability planning and probate practice. This means that an elder law attorney will be especially helpful if someone in your family needs a nursing home. The elder law attorney can also tell you whether a guardianship is necessary; and if that same attorney helped you with an estate plan, hopefully a guardianship can be avoided. Elder law attorneys are usually knowledgeable about all public benefits, and can provide much needed advice when planning for a disabled individual. When a family fails to plan for an individual's disability, the elder law attorney can help retain benefits when events like personal injury settlements and unexpected inheritances threaten them. Elder law attorneys are also well versed in guiding families through estate administration when a family member has died.

when there is a death in the family, a loved one is moved to a nursing home, or a disabled individual is faced with losing medical assistance. At times like



Lillian Magee Lloyd
Elder Law Attorney

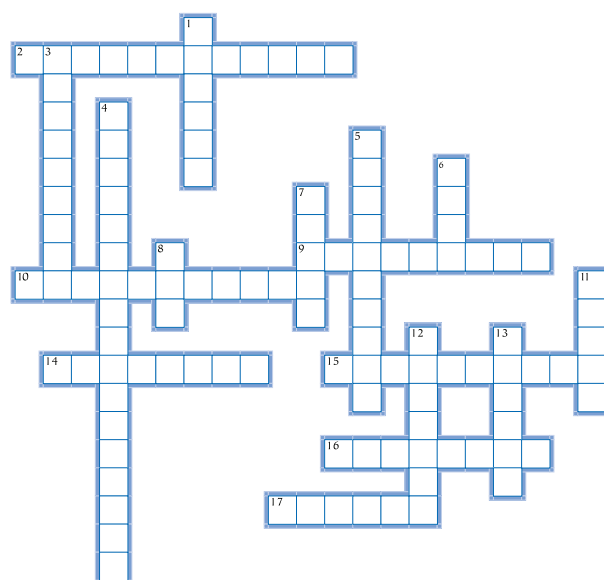
these, not only does the individual need an attorney, but most likely she needs the assistance of other professionals and other services as well. Thus, the elder law attorney tends to have a "holistic" approach to problems and solutions, including knowledge of a

broad range of options and community services available to individuals and families. For instance, when a client reports difficulties in living at home alone, the elder law attorney can advise the client about residential options and home based services.

Elder law is essentially about preserving an individual's dignity and decisions as they face aging and illness. Rhode Island does not have a procedure for the certification of specialty practice for lawyers. However, lawyers who do limit their practice to certain areas are permitted to advertise that to the public. If you are looking for an elder law attorney, you should ask the attorney if she has handled cases like yours in the past. The attorney's response should give you a good idea if she is familiar with your particular problem. You should also ask if the attorney is a member of the National Academy of Elder Law Attorneys, the national association that assists attorneys in developing skills and expertise in elder law.

Lillian Magee Lloyd is an elder law attorney with the Providence law firm of Visconti & Boren, Ltd. She can be reached at (401)331-3800.

Elder law attorneys are often called upon when a crisis has developed:



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ACROSS

2. A legal option to protect a senior if family members are unable
9. Before a move this is our review
10. A new service to coordinate services for seniors
14. 90 % of any move is this activity
15. A product that we can not see or feel
16. All encompassing approach
17. 10% of the move is transporting furniture and belongings

DOWN

1. A more substantial box
3. Opposite of packing
4. Who to call for help in Relocating a Senior
5. Reducing the furniture and belongings to what is needed in the new home
6. Space
7. Furniture for sitting
8. Furniture for sleeping
11. The professional company that transports your belongings
12. Putting your possessions in cartons
13. The regulated rate that movers must charge

You Are Not Alone

"Who do I turn to when I need guidance or direction for information about senior care?" Our society takes pride in our respect and concern for seniors. Over the years agencies, both governmental and non-profit, have been established, until today there are more resources available to us than ever before. Free, valuable information and direction as it relates to caring and attention for seniors is available at our fingertips by phone or on the internet. Websites provide general and comprehensive insight and information from not for profits and government agencies. You can also "Google™" the web to get information on specific concerns by entering "keywords."

The list below is a guide to assist you in getting answers to important questions involving the elderly. Please note this is not a complete list. Many cities and towns have someone knowledgeable about elderly services in their community. The agencies and departments listed will, in most instances, provide the right direction to help you get the answers and information needed. It is also suggested that you contact specific associations or organizations that are directly related to the senior's condition or concern. They frequently have a hot line for questions, and provide direction and support.

| AGENCY/DEPARTMENT/ORGANIZATION | OPERATED BY | PHONE | INTERNET |
|---|------------------------------------|-----------------------------------|--|
| AARP | AARP | (888) 687-2277 | www.aarp.org |
| Administration on Aging | US Government | (202) 619-0724 or (800) 677-1116* | www.aoa.dhh.gov |
| Age Well RI | Jewish Seniors Agency | (401) 223-2335 or (866) 524-3925 | www.agewellri.org |
| Alzheimer's Foundation | National Institute on Aging | 800) 438-4380 | www.alzheimers.org |
| Arthritis Foundation | Arthritis Foundation | (800) 283-7800 | www.arthritis.org |
| Ask Rhody | State of Rhode Island | None Listed | www.dhs.ri.gov/askrhody |
| Department of Elderly Affairs | State of Rhode Island | (401) 462-3000 | www.dea.ri.gov |
| Department of Health | State of Rhode Island | (401) 222-2231 | www.health.ri.gov |
| Department of Human Services | State of Rhode Island | (401) 462-2423 | www.dhs.state.ri.us |
| Department of Mental Health, Retardation, and Hospitals | State of Rhode Island | (401) 462-3291 | www.mhrh.state.ri.us |
| Dial 2-1-1 | United Way | 211 | www.uwri.org |
| National Alliance of Caregiving | National Alliance of Caregiving | None Listed | www.caregiving.org |
| National Family Caregiver Alliance | National Family Caregiver Alliance | (800) 896-3650 | www.nfcacares.org |
| National Institutes on Health | US Government | (301) 496-4000 (800) 222-2225** | www.nih.gov |
| Medicare | US Government | None Listed | www.medicare.gov |
| The Point | State of Rhode Island | (401) 462-4444 | www.ThePointRI.org |
| Social Security Administration | US Government | (800) 772-1213 | www.ssa.gov |

*To find services for elderly locally **Aging hotline

Looking for a Mover? *continued from cover*

mover will supply references that you can contact."

Professional movers are required to be licensed. You should be wary of those people who are not licensed as they may be moonlighting, not have the proper equipment, insurance or experience. "Interstate movers," says Mr. Hartley "are required to meet two additional requirements. They must publish their tariffs or price list and make it available to anybody who requests a copy of it. They must also participate in a dispute settlement program and offer neutral arbitration in the event a dispute arises"

Finally, before selecting the mover make

sure that you understand the coverage for loss or damage of your goods being shipped or moved. "All licensed movers must provide liability coverage for the value of the goods being transported. There are different levels of protection and you need to understand the amount of protection provided and the additional costs that may apply," states Mr. Hartley



Questions we suggest you ask a potential mover:

1. If I do the packing, what type of packing materials are acceptable?
2. What is the estimated delivery time and will the driver notify me when he gets there?
3. How do I pay the mover? Can I charge it, or write a personal or certified check? Or, do you require cash?
4. When do I pay for the move? Do you need a deposit up front and if so, how much do you require?

Whatever concerns you may have, you can always call Senior Transitions for guidance. 401-828-5020