



## When it's time to move...

Most seniors would prefer to live at home as long as possible, but seniors needing to move out of that home face a bewildering maze of options ranging from where to live to what to take and what to leave behind. Clearing a home of a lifetime's collection of documents, possessions and their associated memories, can be wrenching. But, these are necessary activities that prove to be less stressful with professional help.

## Making homes safer and healthier...

For seniors whose health makes staying home an option, there are modifications that can be performed to minimize the risk of falls and accidents. Simple measures can make "aging in place" a safer alternative where everything is accessible and easy to find.



## About Practically Daughters™



Professional Organizers, Susan Borax and Heather Knittel of *Good Riddance Professional Organizing Solutions*, work with families whose aging relatives are undergoing a housing transition.

This division, named Practically Daughters™ is devoted to supporting families through the emotional and physical aspects of downsizing and organizing homes for relocation or aging in place.

We are downsizing experts who understand how difficult it is to move from a long-time residence and can make the move easier. We help clients sort out and distribute what goods should be given to relatives and charities, sold at garage sales, on-line or through consignment or sent to recycling. We help select the furniture and treasured belongings that will fit best in the new home.

We can optimize your living areas for safety, mobility and convenience.

## Relocation Services

- Planning the move
- Making a floor plan
- Sorting possessions for sale, donation and recycling
- Arranging for charitable donations & sale of unwanted belongings
- Managing the move
- Packing and Unpacking
- Furniture placement

## Aging in Place Services

- Creating systems for mail, paper management, and other home organization processes
- Optimizing storage areas; making things easy to find
- Monitoring for potential hazards
- De-cluttering
- Cleaning and junk-removal
- Handyman services for modification & safety feature installation

*Making Room For Living Well*



*Practically Daughters™*

Supportive relocation for older adults

## Knowing when ... you need help

- Are you finding maintaining your home to be a burden?
- Is your support system not able to provide sufficient assistance when you need it most?
- Are you at a loss for how to distribute excess belongings?
- Do you need help with organizing and preparing your home for resale?
- Do you need assistance with planning and setting up a new home?
- Is home safety a concern?



*Don't let  
your stuff  
prevent you  
from  
moving*



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Supportive relocation for older adults

A Division of



Professional Organizing Solutions

[www.goodriddance.ca](http://www.goodriddance.ca)

*Making Room For Living Well*

**Phone: 604 421-5952**



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## How Practically Daughters™ Works with Families



## Relocation & Aging in Place Support

**Phone: 604 421 5952**