



Downsizing Tips from **Designing Moves® L.L.C.**  
*Senior Move Managers*

## **Should You Move Your Parents?**

Designing Moves LLC is receiving more calls from children out of state with parents here in Iowa than ever before. There is a trend to move Mom or Dad to live closer to their children. This can be an overwhelming task that is often precipitated by a decline in health or a fall. This decision is not to be taken lightly as there are many factors in their parent's life to consider.

I am a huge fan of Dr. David Solie MS, PA ([www.davidsolie.com](http://www.davidsolie.com)). Dr. Solie has a variety of Mind Maps, which can be accessed on his website to help each family come to the best decision for their loved one. I especially like the "What Do You Value Mind Map" as this is a great conversation starter about current living arrangements versus moving. This Mind Map also helps to bridge conversations that can reduce the burden of caregiving handoffs and coordinating a living accommodation crisis.

I feel it's important to keep parents involved in the process of transitioning from one home to another or valuing their choice to age in place. Even the decision to stay in one's home needs to be addressed and planned for. Too many times those difficult conversations are put off until an emergency happens; THEN it truly is difficult to sort out what you and your family value most.

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