

# Senior Spirit

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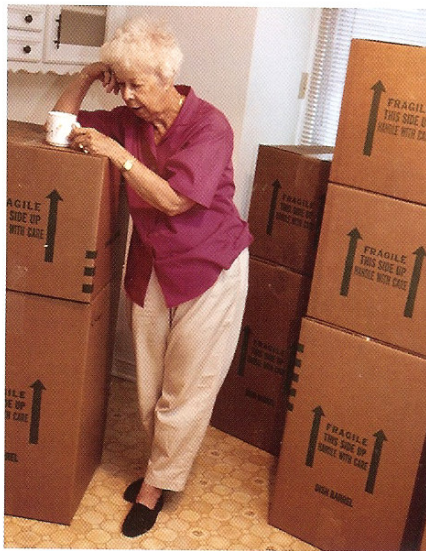
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## Prime time Lifestyle trends

### Move managers smooth out life transitions

Age or illness often forces seniors to move out of the family home. The need to downsize and clear the clutter too often falls to families poorly equipped by time or distance to deal with the *stuff*. Now there's relief in the form of senior move managers.

These project management mavens offer downsizing with a difference—a softer, more human side. Sharon Cofar of A Move Made Easy in Coral Springs, Fla., helps seniors by dealing with charities, consignment shops, antique dealers and utility vendors. She photographs the contents of china cabinets and bookshelves so she can replicate arrangements at the new destination. She also forwards mail, deals with real estate agents and



attorneys, and anything else move-related. She even takes family pictures out of bulky frames and creates a photo album.

This kind of care and attention to detail requires special skills and

abilities—patience, sensitivity, honesty and passion for the work. And while the major cross-country movers may advertise move management, Cofar is dubious. "They're in the box business," she says. "I'm in the people business."

Senior move managers cost an average of \$40 to \$60 per hour; ask for quotes for customized services. To find someone locally, visit National Association of Senior Move Managers at [www.nasmm.com](http://www.nasmm.com). The listed members have met the association's exacting standards. Apprentice members aren't listed, however, until they've been in business for 12 months. Click on *Contact Us* to send e-mail queries. Or call NASMM President Margit Novack at 610-853-4300 for a referral. ■