

# Seamless Relocation

## Moving Your Parents and Older Relatives

- Be realistic about how much time you really have to help your parents. Typically it takes around 60-80 hours to pack and unpack a three bedroom house. You may prefer to spend time sorting and get professionals (such as Seamless Relocation) to handle the other aspects of moving
- Set limits – you cannot be everything to everyone and moving takes a huge amount of energy even when you are young. Other family and work commitments have to be maintained
- Your parents are likely to need a lot of support and for many this role reversal is a difficult time. If you have siblings – share the work. Keep looking after your own personal life
- Talk to your partner. If you need help to deal with issues seek it from bodies such as [www.relate.org.uk](http://www.relate.org.uk)
- Sorting goods is a difficult time for both you and your parents. All of us keep items of sentimental value – so try to let your parents make the decisions. They are still their possessions
- Keep sorting sessions to a maximum of 2-3 hours as constant decision making is tiring. Enjoy the reminiscing and accept that some days you will achieve more than others. This is a way for people to accept change and be able to let go of the past
- Allow them time to change their mind. Don't cart things off to the tip immediately.
- Accept gifts graciously – even if they are not exactly what you want
- Think tactful! Older people often don't notice that the house isn't clean due to failing eyesight. You could offer to help clean as you sort or pack
- Be positive about the new home and help them visualise living there. For example make a floor plan to show how their furniture will fit in

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