



## June 2008 - Newsletter

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### Life's Toughest Move

We already know that millions of full time working Americans are tasked with the responsibility of being primary caregivers for an elderly family member. In fact, MetLife recently issued a research report indicating that 12.5 million full time workers are the sole caregivers for older family members.

But even if your aging parents and grandparents are currently living independent lives, there will come a time when most of them will need to relocate and adjust to living environments more conducive to their stage of life. In fact, an increasing percentage of the 78 million baby boomers will sooner or later face the daunting prospect of moving their aging parents out of homes they can no longer manage. Of these boomers, one turns 50 every seven seconds. Of their aging parents, 70% are over 75 and still own their own homes. But quite often, these are homes where they raised their families and have become ill-suited for elderly inhabitants. The increasing costs of upkeep and utilities for these family homesteads only adds to the dangers associated with climbing staircases and maintaining necessary upkeep.

People in general are overwhelmed by the practical and psychological problems involved in moving. Seniors especially don't want to talk about it and their adult children usually don't know how to broach the subject. They may do their best to address the issue, but typically postpone the entire subject when they meet with resistance.

Fortunately, a recent publication written in a quick-read format shows harried employees how to move their loved ones in a healthy and satisfying way while keeping their own lives in balance and maintaining their own job focus. Besides demonstrating the recommended ways to handle the myriad practical details of a senior move, ***No Ordinary Move, Relocating Your Aging Parents*** by Barbara Z. Perman and Jim Ballard also addresses the all-important emotional aspects of the moving process for both generations.

The main story character is a working parent whose life is further complicated by the realization that her parents can't remain in the home in which she and her brothers grew up. She learns from a senior move manager who guides her and her family through the proper steps to the final healing move. In addition to the narrative story, the book includes a 101-step manual with tasks arranged in the eight stages of the classic senior move. Quite realistically, stage #1 is predicated on the assumption that your parents' initial reaction will likely be, *"The only way I'm ever moving from here is when they carry me out feet first."*

More information on this important subject can be found at [www.NoOrdinaryMove.com](http://www.NoOrdinaryMove.com). And remember that your Employee Assistance Program is always available to help you address all the eldercare challenges that most of us will inevitably face.