Central Ohio Area Agency on Aging
TRANSITION & MOVING GUIDE

Counties Served
Delaware
Fairfield
Fayette
Franklin
Licking
Madison
Pickaway
Union

614-645-7250
800-589-7277
www.coaaa.org

Your Aging and Disability Resource Network

Updated March 2019
This information is provided by:
The National Family Caregiver Support Program

This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

Request a copy or download our other guides:

- Central Ohio Older Adult Resource Guide
- The Caregiver Toolbox
- Central Ohio Independent Housing & Home Repair Guide
- Central Ohio Long Term Care & Hospice Guide
- Central Ohio Private Homecare Guide
- Central Ohio Utility Guide
- Central Ohio Prescription Guide
- Central Ohio Support Group Guide
- Books, Videos, & Websites for Family Caregivers
- Central Ohio Respite Guide

The COAAA also provides monthly Caregiver Support Groups & Information Sessions. For more information call 800-589-7277 or visit www.coaaa.org.

Or in your county, call one of these agencies:

- **Delaware** – SourcePoint 740-363-6677
- **Fairfield** – Meals on Wheels of Fairfield County 740-681-5050
- **Fayette** – Community Action Commission of Fayette County 740-335-7282
- **Franklin** – Franklin County Office on Aging 614-525-6200
- **Licking** – Licking County Aging Program 740-345-0821 or 800-452-0097
- **Madison** – Madison County Senior Center 740-852-3001
- **Pickaway** – Pickaway County Senior Center 740-474-8831
- **Union** – Union County Senior Services 937-644-1010

*Updated March 2019*
Central Ohio Transition & Moving Guide

This Guide provides information about the individuals companies & organizations that provide transition or moving services in the following 8 Central Ohio counties: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union.

Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aging Life Care Professionals</td>
<td>2</td>
</tr>
<tr>
<td>Private Patient Advocate</td>
<td>3</td>
</tr>
<tr>
<td>Seniors Real Estate Specialists</td>
<td>3</td>
</tr>
<tr>
<td>Senior Move Managers</td>
<td>4</td>
</tr>
<tr>
<td>Professional Organizers &amp; Productivity Consultants</td>
<td>5</td>
</tr>
<tr>
<td>Estate Sale &amp; Auction Companies</td>
<td>7</td>
</tr>
<tr>
<td>Tips to Downsize &amp; Tips to Assist Someone to Downsize</td>
<td>8</td>
</tr>
</tbody>
</table>

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AGING LIFE CARE PROFESSIONALS

- An Aging Life Care Professional, also known as a Private Geriatric Care Manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and experienced in any of several fields including, but not limited to nursing, gerontology, social work, or psychology. He/she is able to address a broad range of issues related to the well-being of their client. They often have knowledge about the costs, quality, and availability of resources in their communities.
- They generally charge an hourly fee and are insured. Their national association’s website is www.aginglifecare.org.

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614-956-1231
melanie.hankinson@ikorglobal.com
www.ikorglobal.com/nw-columbus

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Ripple Life Care Planning
614-408-9928
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www.ripplelifecareplanning.com

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614-887-7750
Jeanna@seniorsupportservicesohio.com
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Colleen Wallace, BA, BS, OT
ElderLife Solutions, Ltd.
614-476-2289
info@elderlifesolutions.com
www.elderlifesolutions.com
PRIVATE PATIENT ADVOCATE

- Annette Ticoras, MD, provides private patient advocacy services to Central Ohio seniors and their families. As a physician, she helps families in the healthcare system who are overwhelmed, confused, and uncertain of the next steps. She provides clients and their families with much needed medical interpretation, direction, and support. She can translate the medical jargon often thrown at seniors and their families and help them process large volumes of health information in a short period of time. GPS services include such things as accompaniment to routine medical care appointments, surgery, ER visits, and hospitalizations. Contact 614-981-5951 or learn more at www.GPScolumbus.com.

SENIOR REAL ESTATE SPECIALISTS

- Real Estate Agents can pursue a special designation/specialty as Senior Real Estate Agent. The SRES designated agent takes special courses designed to build skills and resources needed for specialization in the 50+ real estate market. The SRES designation program provides ongoing professional training and development as well.
- To locate a SRES designated Real Estate agent, go to www.seniorsrealestate.com
SENIOR MOVE MANAGERS

- Senior Move Management is the profession that assists older adults and their families with the emotional and physical aspects of relocation and/or "aging in place." Although specific services vary, most Senior Move Managers® can help with some or all of the following:
  - Developing an overall move or "age in place" plan
  - Organizing, sorting and downsizing
  - Customized floor plans
  - Arranging for the profitable disposal of unwanted items through auction, estate sale, buy-out, consignment, donation, or a combination of the above
  - Interviewing, scheduling and overseeing movers
  - Unpacking and setting up the new home

- They generally charge an hourly fee and are insured. Their national association’s website is [www.nasmm.org](http://www.nasmm.org).

Laura Schulman  
*A Moving Experience*  
847-420-8687  
iorganize@columbus.rr.com  
[www.amovingexperiencecolumbus.com](http://www.amovingexperiencecolumbus.com)

Matt & Karen Spiller  
*Smooth Transitions of Central Ohio*  
614-570-2964  
karens@movingforseniors.com  
[www.movingforseniorsCOH.com](http://www.movingforseniorsCOH.com)

*Downsize with a Heart*  
*A Social Enterprise of the Furniture Bank of Central Ohio*  
John Vidosh and Steve Votaw  
614-545-3844  
[www.downsizewithaheart.org](http://www.downsizewithaheart.org)
PROFESSIONAL ORGANIZERS AND PRODUCTIVITY CONSULTANTS

- People who work in this field are very diverse. However, they generally charge an hourly fee and are insured. The national association’s website is www.napo.net and the state association is www.napo-ohio.com. There is another organization that specializes in more serious types of organizing challenges. It is called Institute for Challenging Disorganization (ICD). Its website is www.challengingorganization.org. Four of the organizers listed below are certified by this organization and listed as such.

- Among the types of activities that a professional organizer can do for someone is:
  - **Hands-on organizing**—one organizer or an entire organizing team can come to a home (or office) to organize the space and then advise a person on the best organizing tools and tactics for their specific challenges. They can also help people make decisions about what to keep, how to handle donations, recycling, and trash removal. The time investment can be anywhere from a few hours to many weeks, depending on the size of the space, the amount of clutter, and the person’s ability to make decisions.
  - **Home maintenance**—organizers can help create better organizing systems for relatively organized homes. Home maintenance could include an annual clean-out of the kitchen pantry or help with redesigning the home’s garage and storage areas. Organizers can communicate a person’s needs with the rest of the household to streamline communication and reduce friction.
  - **Moving, relocating, and downsizing**—Some professional organizers specialize in moves and relocations. They’ll help to manage everything from interviewing moving companies to packing, unpacking and organizing all of the household belongings.
PROFESSIONAL ORGANIZERS AND PRODUCTIVITY CONSULTANTS

Accent on Organizing, LLC
Cathy Van Volkenburg
614-309-6170
www.accentonorganizing.com

Birdie Brennan CPO®
Birdie Brennan (ICD Certified)
614-297-1550
www.columbusclosets.com

Clarity Methods Organizing, LLC
Christina Renzelli (ICD Certified)
614-969-7391
www.clarityorganizingcolumbus.com

K2 Organizing
Karen Kruzan (ICD Certified)
614-795-0626
www.k2organizing.com

Major Organizers
Melanie Woods
740-917-9105
www.majororganizers.com

Nestrs, LLC
Sarah Karakaian
614-926-3159
www.nestrs.com

Organize Me for Good
Christy Talese
330-465-4446
www.organizemeforgood.com

Organized by L
Ellen Limes
614-499-2443
www.organizedbyl.com

Simply Organized by Cindy
Cindy Doyle
614-218-6764
www.simplyorganizedbycindy.com

Systems in Place, LLC
Debra Heimann
614-580-7044
debraheimann@gmail.com

Time 4 Organizing LLC
Lorena Cela
614-450-2424
www.time4organizing.com

Transformare Organizing Services
Julie Otto-Riber (ICD Certified)
614-329-5908
www.transformareorganizing.com

Tidy Tricia, LLC
Tricia Blast
216-905-8020
tricia@tidytricia.com

White Birch Organizing
Angela Katona
740-917-9105
www.whitebirchorganizing.com
ESTATE SALE & AUCTION COMPANIES

- These are companies that will sell items from the home. Some companies will price and auction individual items and some companies can come to the home and have an estate sale at the home. Some companies specialize in particular items or geographic areas.
- Most companies will charge a set percentage at around 20% to 40% for each sale. The percentage does vary by location, and the type of items being sold. Common tasks of a company are:
  - Sift through all the items in the home, including closets, garages, attic, and cabinets to ensure all salable items are accounted for.
  - Organize and stage each item and piece of furniture in the home in order to make them more desirable.
  - Research and price each item at the highest value possible.
  - Photograph and market the sale online.
  - Staff the sale with individuals on the days of the sale.

All of It Transitions  
614-206-3363  
www.allofitransitions.com

Appletree Auction House  
740-344-4282  
www.appletreeauction.com

B. Trice & Asso.  
614-354-6247  
www.btriceestatesales.com

BEES Estate Sales  
740-272-0244  
beesestatesales@gmail.com

Caring Transitions  
614-787-1433  
www.caringtransitions.com

Columbus Online Auctions, Kevin Burchett  
614-868-3626  
www.columbusonlineauctions.com

Everything But the House  
888-862-8750  
www.ebth.com

Garth’s Auctions-Midwest  
740-362-4771  
www.garths.com

Innovative Revenue Solutions  
614-570-1722  
www.irsauctioneer.com

JA Baker LLC  
614-309-3091  
www.jabakerlc.com

Michael Hoffman  
614-314-0298  
www.spiffyauctions.com

Sale By Nancy  
614-527-0808  
www.salebynancy.com

CENTRAL AREA AGENCY ON AGING  Your Aging Disability & Resource Network  Page 7
TIPS TO DOWNSIZE

- **Just START!** in your *least cluttered* space and assign a particular time each day or week to work in the space.

- **Tips:**
  - **Time Yourself:** 15-30 minutes at a time. Use a timer. Don’t leave piles from one session to the next.
  - **Ask the Question:** “Do I LOVE it? Do I USE it?” when sorting. Those items with a *STRONG YES* response are the items you can bring back into the space. Choose a place in time, usually one or two years ago and if you have *not used it in that time*, then maybe it is time to find a new home for this item.
  - **Use the 3 + ½ Box Method**—Box 1: Throw Away, Box 2: Give Away; Box 3: Sell (but have a plan); ½ Box Size—Filled with items to bring back into the space.
  - **Practice the OHIO rule of downsizing:** Only Handle It Once! Don’t just move any item from place to place.

- **Enlist the help of family or friends** who will respect your wishes but will also be firm with you in making decisions.

- **Look for useful purposes** for your possessions OUTSIDE your house. Recycle and repurpose your items.

- **At the same time, consider what you are bringing back into your home.** Do not get into the habit of downsizing one space, only to fill it again with the same amount of possessions you’ve gotten at a good price!

- **Keep 1 or 2 mementos of a collection** and display them prominently. Find a place to sell or donate the rest of collections, if family members don’t want them.

- **Take photos of your collection** and use the photos to preserve your memories, either by displaying them or putting them in an album.

TIPS TO ASSIST SOMEONE TO DOWNSIZE

- **Do not touch or move items without permission** from the person who owns them. Involve the person in *every* decision and intervention unless it would be physically detrimental to him/her.

- **Do not make value judgments about possessions.** People value items for different reasons and they have the right to value items others don’t find useful.

- **At the same time, don’t hesitate to ask questions about possessions.** Sometimes people have owned an item so long that they have forgotten why they had it in the first place. Respectful questions from others can assist people to sort what they still need from what they can give up or move.

- **Build in relaxing and rewarding experiences after a sorting or cleaning session.** Try not to make all your time with the person about the work of sorting or cleaning. Building and maintaining the relationship is more important than what to do with the possessions!
The Central Ohio Aging and Disability Resource Network (ADRN) is a collaborative effort of the Central Ohio Area Agency on Aging and community partners, designed to streamline access to long-term services and supports that promote community living, personal choice and independence for older adults and all persons with disabilities regardless of age.

Central Ohio Community Partners Include:

**Carestar Case Management Agency**
2760 Airport Drive, #130, Columbus, OH 43219, 614-751-7777, [www.carestar.com](http://www.carestar.com)

**Centers for Independent Living**

- **MOBILE: Center for Independent Living** (Mid Ohio)
  690 High Street, Columbus, OH 43206
  614-443-5946, [www.mobileonline.org](http://www.mobileonline.org)

- **SOCIL (Southeastern Ohio Center for Independent Living)**
  Fairfield County Office, 418 South Broad Street, Lancaster, OH 43130, 740-689-1494
  Hocking County Office, 1369 East Front Street Logan, OH 43138, 740-380-1475,
  [www.socil.org](http://www.socil.org)

- **CDE Center for Disability Empowerment**
  510 E. North Broadway, 4th Floor, Columbus, OH 43214 614-575-8055
  [www.disabilityempowerment.net](http://www.disabilityempowerment.net)

**Senior Service Providers**

- **SourcePoint**, 800 Cheshire Dr. Delaware, OH 43015
  740-363-6677, [www.mysourcepoint.org](http://www.mysourcepoint.org)

- **Meals on Wheels of Fairfield County**, 253 Boving Rd., Lancaster, OH 43130
  740-681-5050, [www.mowfc.org](http://www.mowfc.org)

- **Fayette County Commission on Aging**, 1179 S. Elm St., Washington Court House, OH 43160
  740-335-2159, [www.fayettecoa.com](http://www.fayettecoa.com)

- **Franklin County Office on Aging**, 280 E. Broad St., 3rd Floor, Columbus, OH 43215
  614-525-6200, [www.officeonaging.org](http://www.officeonaging.org)

- **Licking County Aging Program**, 1058 E. Main St., Newark, OH 43055
  740-345-0821 or 800-452-0097, [www.icap.org](http://www.icap.org)

- **Madison County Senior Center**, 280 W. High St., London, OH 43140
  740-852-3001, [www.mcsenior.org](http://www.mcsenior.org)

- **Pickaway County Senior Center**, 2105 Chickasaw Dr., P.O. Box 565, Circleville, OH 43113
  740-474-8831, [www.pickawayseniors.org](http://www.pickawayseniors.org)

- **Union County Senior Services**, 940 London Ave, Marysville, OH 43040
  937-644-1010, [www.co.union.oh.us](http://www.co.union.oh.us)
Navigating the Medicare system can be difficult.

Our experts at the Central Ohio Area Agency on Aging are ready to answer your Medicare questions!

Call us today to receive free unbiased information to help you make informed decisions.

We do not represent or sell insurance products.

Funded in part by:

800-589-7277 www.coaaa.org