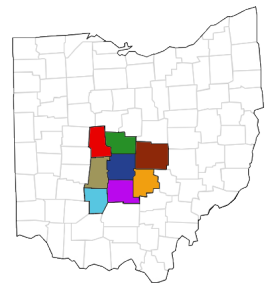


Central Ohio Area Agency on Aging TRANSITION & MOVING GUIDE



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 2020

**This information is provided by the:
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 Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Independent Senior Housing and Home Repair Guide
- Central Ohio Long Term Care and Hospice Guide
- Central Ohio Private Homecare Guide
- Central Ohio Utility Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Respite Guide
- Central Ohio Prescription Guide
- Books, Videos, and Websites for Family Caregivers

The COAAA also provides monthly Caregiver Support Groups and Information Sessions. For more information, call 1-800-589-7277 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 740-345-0821/800-452-0097
- **Madison** – Madison County Senior Center 740-852-3001
- **Pickaway** – Pickaway County Senior Center 740-474-8831
- **Union** – Union County Senior Services 937-644-1010

Transition and 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.

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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.

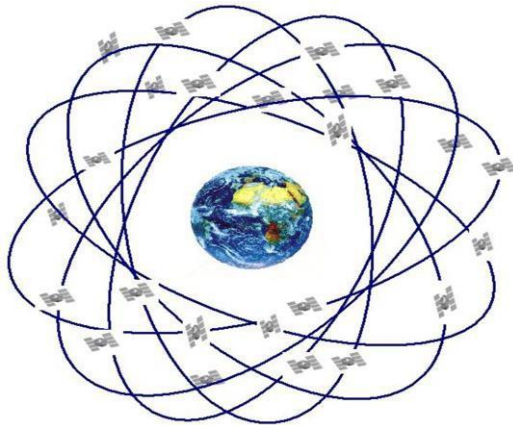
Melanie S. Hankinson, LPTA, CSA
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614-956-1231
melanie.hankinson@ikorglobal.com
www.ikorglobal.com/nw-columbus

Shanna Huber, RN, BSN, MSN/Ed, CCM
Ripple Life Care Planning
614-408-9928
shuber@ripplelifecareplanning.com
www.ripplelifecareplanning.com

Jeanna McElroy, BA, CMC
Senior Support Services, LLC
614-887-7750
Jeanna@seniorsupportservicesohio.com
www.seniorsupportservicesohio.com

Gayle S. Rosen, MBA
Age Well Options
614-266-7211
gayle@agewelloptions.com

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. Guided Patient Solutions' (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, goto 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.

Laura Schulman
A Moving Experience
847-420-8687
www.amovingexperiencecolumbus.com

Rebecca Minkin
Away It Goes
614-406-0404
becky@awayitgoes.com

Matt & Karen Spiller
Smooth Transitions of Central Ohio
614-570-2964
www.movingforseniorsCOH.com

Downsize With A Heart
Furniture Bank of Central Ohio
John Vidosh and Steve Votaw
614-545-3844
www.downsizewithaheart.org

Nesterly Central Ohio

- New in 2019—this program is housed at the Central Ohio Area Agency on Aging and is a collaboration with Age Friendly Columbus.
- Nesterly is an online platform which matches hosts (homeowners who have a room to rent) and guests for a homesharing arrangement of at least 1 month or longer.
- Nesterly offers a platform which background checks both parties, helps to negotiate a lease, and arranges for automated payments.
- Allows both parties to customize what an ideal homeshare arrangement looks like for each person and allows for a task exchange for a simple reduction in rent.
- Call 614-645-3646 or go online at www.nesterly.io.

ASSISTANCE/ADVISORS FOR THOSE SEEKING LONG TERM CARE PLACEMENT

A group of companies and advisors who assist families in locating options when a person is seeking long term care placement. These services are generally at no cost to an individual or a family since the facilities pay the advisors a fee for successful placement. These advisors will locate options for individuals, accompany people on a visit, assist to negotiate placement and often assist with the actual move. They generally assist individuals who will be **paying privately** for assisted living, intermediate or skilled nursing home placement.

A Place for Mom-Central Ohio

855-766-2435

www.aplaceformom.com

Assisted Living Locators

614-347-6140

www.assistedlivinglocators.com

Care Patrol

866-560-5656

www.carepatrol.com

Oasis Senior Advisors

614-389-9113

www.oasisenoradvisors.com



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. If there is a *CPO* beside the organizer's name, it means they have undergone a certification process with this organization.
- 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. The website has very helpful information to assist those struggling with organizing their spaces. One of the organizers listed on p. 7, Karen Kruzan of K2 Organizing is certified by this organization.
- 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,
Cathy Van Volkenburg, CPO
614-309-6170

www.accentonorganizing.com

Birdie Brennan Custom Closets & Organizing
Birdie Brennan, CPO
614-297-1550

www.getorganizedcolumbus.com

Bridge the Gap Professional Organizers
Bridget Tyznik
614-943-2002
Bridgethegapprofessionalorganizers@gmail.com

Can Do! Organizing and More
Beth Johnson/Cora Marks
614-596-4747

www.candoorganizingandmore.com

The Disarray Doctor
Michele Schwartzwalder
614-893-5253

TheDisarraydoctor@gmail.com

Dovetail Organizing, LLC
Beth Mackley
614-342-0213

www.dovetailorganizing.com

Find Your Tidy
Stephanie Linn
614-706-6509

www.findyourtidy.com

K² Organizing
Karen Kruzan CPO-CD, LISW-S
(ICD Certified)
614-795-0626

www.k2organizing.com

KG Organizing Your Life
Kimberly Graves
614-599-0920

www.kgorganizingyourlife.com

Major Organizers
Melanie Woods
740-917-9105

www.majororganizers.com/columbus

Nestrs, LLC
Sarah Karakaian
917-284-8491

www.nestrs.com

Organize Me for Good
Christy Talese, CPO
330-384-8491

www.organizemeforgood.com

Out of the Closet
Catherine Du Puy
614-325-0929
Outofthecloset829@gmail.com

Organized by L
Ellen Limes, CPO
614-499-2443

www.organizedbyL.com

Simply Organized by Cindy
Cindy Doyle
614-218-6764
cdoyl84@gmail.com

Student Organizing Online
Karen Tennant
614-579-3457
www.studentorganizingonline.com

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

Transformare Organizing Services
Julie Otto-Riber CPO
614-329-5908
www.transformareorganizing.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 will arrange an estate sale at the home. Some companies specialize in particular items or geographic areas.
- Most companies will charge a set percentage (ex: 20%-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.

Appletree Auction House

740-344-4282

www.appletreeauction.com

Central Ohio Estate and Tag Sales, LLC

614-361-0664

www.centralohioestateandtagsales.com

BEES Estate Sales

740-272-0244

beesestatesales@gmail.com

Caring Transitions of Cambridge

740-489-6111

www.caringtransitions.com

Columbus Online Auctions

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

614-877-7320

www.irsauctioneer.com

Spiffy Auctions, LLC

614-314-0298

www.spiffyauctions.com

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

Centers for Independent Living

- **MOBILE: Center for Independent Living** (Mid Ohio)
690 High Street, Columbus, OH 43206
614-443-5946, 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
- **CDE — Center for Disability Empowerment**
510 E. North Broadway, Columbus, OH 43214,
614-575-8055 www.disabilityempowerment.net

Senior Service Providers

- **SourcePoint**, 800 Cheshire Dr., Delaware, OH 43015,
740-363-6677, www.mysourcepoint.org
- **Meals on Wheels of Fairfield County**, 1515 Cedar Hill Rd., Lancaster, OH 43130,
740- 681-5050, www.mowfc.org
- **Fayette County Commission on Aging**, 1179 S. Elm St., Washington CH, OH 43160, 740-335-2159, www.fayettecoa.com
- **Franklin County Office on Aging**. 280 E. Broad St., 3rd Floor, Columbus, OH 43215,
614-525-6200, www.officeonaging.org
- **Licking County Aging Program**, 1058 E. Main St., Newark, OH 43055,
740-345-0821/800-452-0097, www.lcap.org
- **Madison County Senior Center** 280 W. High St., London, OH 43140,
740-852-3001, www.mcsenior.org
- **Pickaway County Senior Center**, 2105 Chickasaw Dr., Circleville, OH 43113,
740-474-8831, www.pickawayseniors.org
- **Union County Senior Services**, 940 London Ave, Marysville, OH 43040,
937-644-1010, www.co.union.oh.us

Learn How to Be a Healthier You at Healthy U!



Healthy U is a free, 6-week workshop proven to help people with diabetes, asthma, arthritis, heart disease and other lifelong conditions to self-manage their symptoms and live healthier, happier lives.

**For more information, contact 614-645-7250 or 800-589-7277
or visit www.coaaa.org**

***Healthy U - Because it's never too late
to learn how to be a healthier you!***

Sponsored by the
Central Ohio Area Agency on Aging



Navigating the Medicare system can be difficult.

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

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We do not represent or sell insurance products.

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800-589-7277

www.coaaa.org

