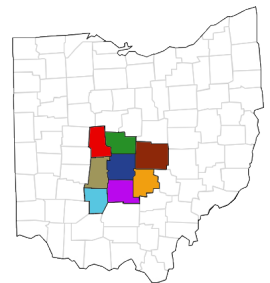


Central Ohio Area Agency on Aging **TRANSITION & MOVING GUIDE**



Counties Served

Delaware
Fairfield
Fayette
Franklin
Licking
Madison
Pickaway
Union



614-645-7250

800-589-7277

www.coaaa.org



**Your
Connection
to Care**

Updated March 2024

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 from our website
www.coaaa.org under the RESOURCE Tab:**

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Senior Housing & Home Repair Guide
- Central Ohio Long-Term Care and Hospice Guide
- Central Ohio Pet Care Guide
- Central Ohio In-Home Care and Hiring Guide
- Central Ohio Utility Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Kinship Care 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:

- **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 Court House OH 43160, 740-335-2159, www.fayettecoa.com
- **For Caregiver Services: Community Action Commission of Fayette Co.** 1400 Co. Hwy. 22, Washington CH, OH 43160, 740-335-7282, www.cacfayettecounty.org.
- **Franklin Co. Office on Aging**. 280 E. Broad St., 3rd Floor, Columbus, OH 43215 614-525-6200, www.officeonaging.org.
- **Licking Co. Aging Program**, 1058 E. Main St., Newark, OH 43055, 740-345-0821 www.lcap.org.
- **Madison Co. Senior Center** 280 W. High St., London, OH 43140, 740-852-3001, www.mcseior.org.
- **Pickaway County Senior Center**, 2105 Chickasaw Dr., PO Box 565, 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

Updated Winter 2024

Central Ohio Transition and Moving Guide

This Guide provides information about the individuals companies, and 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. They are 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.

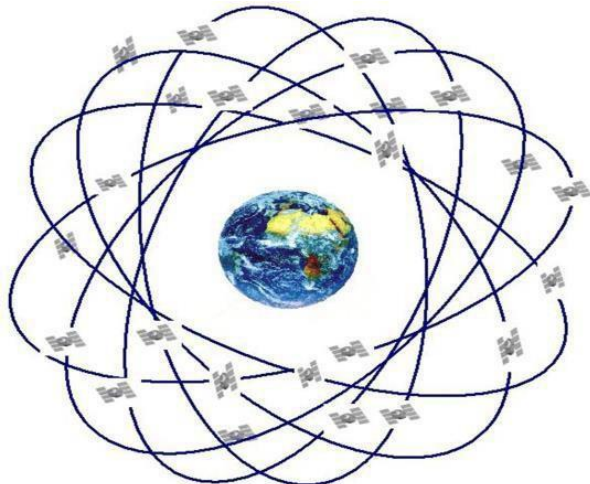
Melanie S. Hankinson, LPTA, CSA
IKOR of NW Columbus
614-956-1231
melanie.hankinson@ikorglobal.com
www.ikorglobal.com/nw-columbus

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

Beth Herring, BS, OTR/L, CMC
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, 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

Senior Downsizers

Kit and Lisa Lynch

614-964-2202

www.seniordownsizers.com

Rosie's House

Teri Mutchler

614-421-7964

www.rosiehouse.com

Transitioning Your Senior

Tonya Kreml

614-266-3285

www.transitioningyoursenior.com

Smooth Transitions

This is a national company with several local affiliates:

Karen Spiller, Jasmine Hendricks, Holly Swisher,
Brian Greenwood

844-266-4663

www.smoothtransitions.com

Blue Robin Downsizing

Libby Patrick

740-706-1480

www.bluerobindownsizing.com

Downsize With A Heart

Furniture Bank of Central Ohio

614-545-3844

www.downsizewithaheart.org

Nesterly Central Ohio

- Started 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

614-679-5319

www.carepatrol.com

Illuminate Senior Services

740-857-5258

www.illuminateseniorservices.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.challengingdisorganization.org. The website has very helpful information to assist those struggling with organizing their spaces as well as lists of professionals who can help those struggling with hoarding and collecting disorders.
- There may be others working in this field who are not members of these professional organizations. The COAAA is only able to list those who are members of the above mentioned professional organizations. If you are hiring a person/company not on this list, ask about their credentials, insurance to be in your home, and written policies about handling your possessions. Anytime you hire any professionals, you should ask to see written confirmation of these issues.
- 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

A2Z Organizing Solutions

Ann Zanon, CPO
203-858-0475

www.a2zorganizingsolutions.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.com

Organize Me for Good

Christy Talese, CPO
330-384-8491

www.organizemeforgood.com

Organized by L

Ellen Limes, CPO
614-499-2443

www.organizedbyL.com

Organize Me!

Leslie Aronoff
419-509-5966

www.organizeme.life

Serenity Now Organization

Alicia Turner
740-251-8442

www.serenitynoworganization.com

Sorting Together

Teresa Stevenson
614-845-2006

teresa@sortingtogether.com

Transformare Organizing Services

Julie Otto-Riber, CPO
614-329-5908

www.transformareorganizing.com

Twin Brooks Organizing

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

www.twinbrooks.us

Also offers professional counseling.



ESTATE SALE & AUCTION COMPANIES

- These are companies that will sell items from the home. Some companies will price and auction individual items; some companies will arrange an estate sale at the home. Some companies specialize in particular items or geographic areas.
- To find a company, check with one of the professionals listed on previous pages or read online reviews carefully and talk to a few companies before proceeding.
- 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.





Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

coaaa.trualta.com

Sign up today!



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Contact Us to Learn More

Central Ohio Area Agency on Aging

Tammy Smith

email: tsmith@coaaa.org

phone: 614-645-7705



**Do you need help
at home?**

**Are you caring
for a loved one?**

Call COAAA today!



Central Ohio Area Agency on Aging (COAAA) helps older adults and individuals with disabilities live safely and independently in their homes for as long as possible. We have the knowledge and experience to connect you to the resources and services you need.



**Your Connection
to Care**

**800-589-7277
coaaa.org**