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SOFT LANDINGS, SOLUTIONS FOR SENIORS PARTICIPATES IN NEW NATIONAL DOWNSIZING INITIATIVE

The National Association of Senior Move Managers announced a new membership-wide downsizing initiative, NASMM@HOME.

“Extensive research indicates future generations of older adults, including the population we currently serve, are less inclined to move to senior living communities in later life than the World War II/Depression era generation,” said Mary Kay Buysse, NASMM’s Executive Director. “NASMM members who choose to offer NASMM@HOME services can now effectively assist clients who need to move, as well as those who prefer to remain in their homes.”

According to the founder of, **Soft Landings** “Moving may not be the best decision for an older adult or aging family member right now — due to personal choice, financial considerations, etc. But they may still desire a change. Later in life, our homes can often become cluttered with our ‘stuff,’ and it’s natural to be overwhelmed by the daunting prospect of downsizing, de-cluttering, organizing, and discarding. NASMM@HOME can help older adults adapt their home for who they are now!”

Through NASMM@HOME, **Soft Landings** assists older adults and their families with numerous downsizing and simplifying tasks in a current home. Soft Landings applies the same coordinated, compassionate organizing techniques to help clients STAY in their home as we do to help them move.

“Senior Move Managers provide guidance, encouragement, and hands-on help,” said Theresa Giddings. “We understand the physical and emotional stresses associated with later lifestyle changes, as well as the ethical, safety and communication issues that accompany working with older adults. Our focused services accomplish a great deal in very

little time, so you have both time and money. The end result: You are happier with how your existing home looks and feels!"

Through NASMM@HOME, Senior Move Managers can help with some or all of these tasks:

- Defining your vision: "Where do we begin?" We can help you prioritize what areas need work.
- Creating a floor plan and repurposing your existing space so it works better for you NOW.
- Evaluating what you want in your home.
- Deciding what will be donated, sold or discarded and executing your wishes.
- Determining your future needs and simplifying your lifestyle ~ gaining the freedom to live the life you want. (For example, the things you use daily must be in easy-to-access places.)
- Exploring home care maintenance concerns.
- Reducing home safety concerns and eliminating common in-home hazards.

Soft Landings is your solution for downsizing into a new home or downsizing at home.

The National Association of Senior Move Managers (NASMM) is the leading membership organization for Senior Move Managers in the United States, Canada and abroad. NASMM is recognized for its innovative programs and expertise related to Senior Move Management, downsizing, transition and relocation issues affecting older adults. For more information on NASMM contact 877-606-2877 or visit www.nasmm.org.