

**Personalized private home care and elder care decision-making support**

A LifeWeavers Network publication produced by VNA Private Care, the private homecare affiliate of the Visiting Nurse Association of Boston.

**For Employees of Goodwin Procter**

All employees of Goodwin Procter and their family members can call our Caregiver Support Center as often as they like to obtain help with caring for an elder or other adult with a disability at (877) 756-5007.

**LifeWeavers One-on-One**

**Clear Up Your Thinking Before Clearing Out Parent's Clutter**  
*by Laura Moore, M.Ed.*



Clearing clutter is all about making good decisions - decisions without regret. Learning a sequence of steps and questions make decisions much easier, but what makes clearing difficult is the emotional stuff under the clutter.

A smaller, retirement apartment adds two more layers to the emotionally charged tasks of moving and clutter-clearing. To reduce overwhelm, first shift your thinking. You'll all feel better and therefore, make better decisions.

1) Stuff becomes clutter because you no longer love it, use it or have room for it. We all have clutter. Clutter is a natural by product of major life transitions.

2) Clearing clutter is a way of adapting to change. When you remove what you literally and emotionally trip over, you feel better and can more effectively respond to new challenges.

3) Shift perspective from loss to gain. Determine what objects will add true value and pleasure. Ask "is this one of my favorites to keep" instead of "do I have to get rid of this?"

4) Typically, 80% is easy: trash, donate, give away, sell, recycle, or keep. Only 20% of the stuff is hard. Put these things aside while you clear the rest.

Ideally, start clearing 6-12 months before the move, leaving the last three months to moving preparation. Expect another clearing due to the reality of the apartment's layout. Your parents' habits won't change much. Create a monthly clearing routine around trash, recycle, and donation days to prevent clutter accumulation.

The hardest decision is whether you are the right person to help. Your skills, schedule and relationship with your parents may add unnecessary stress. All adult children have a not-so-hidden agenda. If the clutter doesn't get cleared now, it's their burden after parents pass. Get clear about this before you help clear up your parent's clutter.

ClutterClarity at Home - Replacing Clutter with Comfort and Control  
Laura Moore, M.Ed.  
[www.clutterclarity.com](http://www.clutterclarity.com)  
978-897-1222

**Threads**

**National Association of Senior Move Managers**

The National Association of Senior Move Managers (NASMM) is a 501(c)(6), not-for-profit, professional association of organizations dedicated to assisting older adults and families with the physical and emotional demands of downsizing, relocating, or modifying their homes. According to its website, the association is "the only professional association in the country devoted to helping the rapidly increasing 55+ population with middle and later life transition issues, NASMM members are committed to maximizing the dignity and autonomy of all older adults."

The association has adopted a Code of Ethics to which its members abide. To review the code of ethics or obtain additional information, visit the association's website at [www.nasmm.org](http://www.nasmm.org) or call (877) 606-2766.

**Resources**

For more information and helpful hints about cleaning out your parent's home, please visit the websites below:

National Association of Senior Move Managers  
[www.nasmm.com](http://www.nasmm.com)

National Association of Professional Organizers  
[www.napo.net](http://www.napo.net)



**Featured Weave**

**November is National Family Caregivers Month!**

"During National Family Caregivers (NFC) Month we recognize and celebrate the many individuals throughout our country who work each day to ensure a better quality of life for their family members. Through their selfless action, these caregivers provide their loved ones support and comfort as they age, combat illness, or suffer from disability... National Family Caregivers Month is an opportunity to recognize those who serve a cause greater than self and contribute to the well-being of their loved ones. Family caregivers are soldiers in America's armies of compassion and set an inspiring example for their fellow citizens." From a Proclamation of National Family Caregiver Month by President George W. Bush.

"NFC Month is organized each year by the National Family Caregivers Association (NFCA) and is designated as a time every year to thank, support, educate and empower family caregivers. This year we are encouraging people to speak up during National Family Caregivers Month." said Suzanne Mintz, NFCA president and co-founder. "One of the most important attributes on being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal, protecting not only the health and safety of your loved ones but for yourself as well." NFCA offers a free newsletter for family caregivers and other resources via its website [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).

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**Quotable**

"No act of kindness, however small, is ever wasted." ~ Aesop

**check out our new website!**

**[www.vnaprivatecare.com](http://www.vnaprivatecare.com)**