



Getting Rid of Clutter Helps Adult Children Care for Aging Parents

West Des Moines, IA, July 22, 2010 – For many adult children, holidays throughout the year are a reality check. Possibly the only time everyone can get together, siblings see their parents' needs evolving. Changes, no matter how small, take on new urgency as discussions start regarding care for Mom and Dad. Too often, however, good intentions get replaced by hectic schedules.

According to Chandler Bupp, owner of Home Transitions, Inc. in West Des Moines, "As adult children get back to their own lives, it's hard to follow through on plans made during the holidays." Plans may include a move to smaller living quarters or simply cleaning out what has been collected over decades. In either case, de-cluttering is necessary. Chandler sees families get sidetracked because the task seems too large to tackle. Below are tips to help families get into action.

- **Clear out childhood belongings.** This includes toys, games, school memorabilia, and anything left behind once children have moved out on their own. A common clutter culprit for aging parents, these items should be grouped by child with a set deadline for pick up.
- **Assess valuables.** Chandler suggests families go through collections of china, stemware, silverware, and other heirlooms together to ensure favorites are not inadvertently discarded. Pieces should be categorized into groups of what will be kept and what will be sold.
- **Sort through print materials.** Because books, magazines, and newspapers pile up quickly over a short time period, thinning out this group yields dramatic results. Similar to valuables, these should be categorized by what will be kept, sold, or tossed.

Items not included in the above categories often are what can be donated or tossed, depending on their condition. Although people might be tempted to sell unwanted items in garage sales, Chandler encourages individuals to do their homework. "Garage sales seem like an easy way to get rid of unwanted possessions, but they often require a lot of work for very little revenue." This is especially critical if adult children are looking for ways to provide income for aging parents.

Drawing on more than 20 years experience, Chandler Bupp has spent the last seven helping families downsize, de-clutter, and organize their homes. To learn more about Home Transitions, Inc. please visit www.hometransitionsiowa.com. For additional information please contact Morgan Leu Parkhurst at morgan@blueandlinen.com or 515.770.9863.

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