

PROFILE

Meyer moves to help seniors downsize

By Luci Scott

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When Sun Lakes resident Debbie Meyer lived in the Bay Area, she worked with an outside contractor to help move 500 Nextel employees and their 2,000



Debbie Meyer

boxes into another building 30 miles away.

"I'm very organized and patient," she said.

She moved herself to Phoenix in 2001 and worked for a corporation. When she got laid off last year Meyer decided to use her organizing skills by forming her own company, called Moving You Simply.

"I turned 50 in December and thought I should do what I love," she said. She had already been helping friends and family pack when they moved.

Although she will organize or move anyone, much of her focus is on helping seniors downsize into a smaller home or into assisted living. She starts with a free hour of consultation.

Moving You Simply

Owner: Debbie Meyer.
Contact: (480) 216-5387 or www.movingyousimply.com.

The physical part of the organization isn't difficult, she said. The more challenging, emotional aspect for her clients is deciding what to move — and letting go of favored possessions.

"Sometimes if something is major in their life, and depending on their mental state, I will take it to their destination so they can see it's not going to fit," she said.

One couple had slept in twin beds shoved together connected to a king-size headboard. They were moving to a two-bedroom place in assisted living, and as soon as Meyer put the beds together in the new place they saw the furniture was too big and had no problem letting it go, she said.

One client had a beloved piano that wouldn't have brought much money because the current piano market brings low prices, Meyer said.

"I donated it to a Montessori school,"

she said. "The owners were pleased it just didn't go to Goodwill."

Meyer's biggest challenges occur when the client has dementia or when adult children don't care for their parents or hold long-term grudges.

"I've been in situations where they're verbally abusive toward the parent," she said. "Those have been the really hard cases ... I have to teach them to put issues aside and deal with the issue at hand."

For the moves she coordinates, she works closely with Atlasta Moving Co. and with From the Attic, an estate auction company.

She gets other leads from referrals by estate attorneys and people working at assisted living facilities. She acquires business through networking with the Chandler Chamber of Commerce and several professional organizations.

Meyer eases transitions by pointing out the benefits of the new home.

"A lot of them appreciate that," she said.

At the new home, she helps unpack and cleans up.

"I make the bed and take away the trash before I leave so they feel they're living there with no problem."