

## **Downsizing, Moving, Packing, Shipping**

Age Requirements

18 and over

Family

No

Intake Contact

Barbara

Intake Process

Visit the website or call the office at 703-508-3056

Intake Contact Telephone

(703) 508-3056

Provider Refer

Yes

Report Problems

Other

Self Refer

Yes

Overwhelmed How Can I Help

<http://www.overwhelmedhowcanihelp.com/#!>

Main

(703) 508-3056

(services arranged by calling)

20186 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: Closed

Additional Availability Comments

Monday through Saturday

Fee Structure

Fee Range

,

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Overwhelmed How Can I Help, certified Senior Move Managers, offers Transition Services. Specializing in helping seniors downsize. Services can include sorting, separating, spaceplanning, house clean outs, decluttering, organizing, packing, unpacking, space planning, home set up, concierge services - as much or as little as you want done.

Are you settling into or out of a home? Moving into an independent or assisted living environment? Need someone to sort, separate, pack, unpack household belongings? Overwhelmed How Can I Help knows it's personal. They will work with the moving company to make sure your furniture and belongings end up where you want by being there on moving day to unpack and help you settle into your new home. If you need to have an Estate Sale or Auction, they will discuss your options. Looking for a qualified Realtor? They are there to service. As much or as little as you need to be done within your time frame. Are you a sibling having to handle a long-distance parent move? Overwhelmed How Can I Help offers an in-home consultation at no cost.

Part of services can be hiring and supervising the subcontractors that do painting, interior or exterior repairs, moving, etc.

Call for more information.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Falls Church City

,

Fauquier County

,  
Fredericksburg City

,  
Loudoun County

,  
Manassas City

,  
Manassas Park City

,  
Prince William County

Email

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