

# Helping move from one life to another

*Westmouter helps Quebec seniors with home transitions*

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According to Statistics Canada 2011 census, over 20 per cent of Westmount's population is over the age of 65, enlisting it as one of Canada's 'oldest' cities.

With that in mind, one Westmouter is not only helping locals deal with lifestyle changes associated with aging, but all Quebec seniors, too.

From clearing clutter via auctions to downsizing to a smaller home or apartment, or from enlisting help to ensure medical prescriptions are received and refilled to a much-needed move to a retirement home, Danielle Jasmin does it all – her Jasmin and Associates home transition business helping people over the age of 65 since 2010.

Though her preference is to aid seniors remain home for as long as their physically and mentally able, Jasmin said it's not always possible.

"We all go through life transitions," said Jasmin. "It's something we don't notice. Your parents age. You also age and your kids leave home. You have health problems and you're stuck.



Danielle Jasmin has been helping seniors cope with home transitions since 2010. Photo courtesy Danielle Jasmin

Where do you go and how do you approach it?"

Without allowing people to panic following life-changing events and subsequently, decisions, Jasmin incorporates her network of movers, interior decorators, and real estate and medical professionals to ensure those she serves transition appropriately.

"You need to be well-connected to offer the service and be efficient and professional," said Jasmin.

Jasmin knows a thing or two about professionalism. The Westmount resident worked in the public relations industry for 20 years before switching career path, completing training as a certified senior advisor just before she founded Jasmin and Associates.

"I wanted to do something more concrete and see more results immediately. I worked a lot with seniors when I was doing PR," said Jasmin, who added, "it gave me the urge to do something more concrete."

For more information on the services offered, visit [jasmintransition.com](http://jasmintransition.com) or call 514-234-4122.