SARASOTA · MANATEE · VENICE · NORTH PORT

A Thoughtful Guide for Life's *Next Chapter*



Moving · Downsizing · Senior Living — trusted local resources, realistic costs, and a step-by-step plan.

MOVERS & CLEANOUTS | ESTATE & CONSIGNMENT | SENIOR LIVING COSTS | WEEK-BY-WEEK TIMELINE

Renee Barnes, REALTOR® | 702-241-9960

GUIDE OVERVIEW

What's Inside

Moving, downsizing and choosing senior living can feel like too much at once. This guide brings trusted local resources, realistic costs and a practical timeline together in one place.

You do not have to do everything at once. Begin with the next decision — not the entire house. Protect important documents and irreplaceable items first. Then use short sorting sessions, clear deadlines, and the right professionals for work that is physically or emotionally difficult. Each section ends with a lined notes page for your own questions and to-dos.

01 **The Timeline** — A practical week-by-week path from early decisions through settling in. — Pg. 3

02 **Trusted Local Movers** — Local companies, services, contact details and questions to ask. — Pg. 5

03 **Consignment & Auctions** — Consignment shops, fine-art dealers and estate auction help. — Pg. 7

04 **Donation Pickup** — Free and low-cost pickup for furniture, appliances and more. — Pg. 9

05 **Where to List Items for Sale** — Local and national selling platforms, listing tips and safety guidance. — Pg. 11–12

06 **Organizing, Cleaning & Cleanouts** — Decluttering, deep cleaning, move-out cleaning and removal services. — Pg. 14–15

07 **Understanding Senior Living** — Care levels, typical planning ranges, services and cost considerations. — Pg. 17–18

08 **Selected Senior Living Communities** — Rental communities with published or clearly labeled estimated pricing. — Pg. 20–21

09 **Life-Plan Communities & Checklist** — Continuing-care options plus tour and pricing questions. — Pg. 23

BEFORE YOU BEGIN

Prepared for Sarasota, Manatee, Venice and North Port. Information and pricing checked July 22, 2026. Always confirm current availability, licensing, insurance, fees and acceptance policies directly with each provider.

SECTION 01

The Timeline

A practical week-by-week path from early decisions through settling in.



Keep connection at the center

This is a comfortable planning window, not a deadline. If the move must happen faster, a senior move manager or downsizing company can combine steps and coordinate vendors.

WEEKS 10–12

Decide & protect

Confirm the destination and target move date. Gather floor plans. Create one folder for contracts, identification, medical information, insurance and financial records. Set aside jewelry, photos, legal papers and heirlooms.

WEEKS 8–10

Plan what fits

Measure the new space. Choose essential furniture first. Make four clear categories: TAKE, FAMILY, SELL/DONATE and REMOVE. Schedule only 60–90 minutes of sorting at a time.

WEEKS 6–8

Invite family decisions

Give family members a firm deadline to select and collect items. Photograph meaningful objects before releasing them. Contact consignors or an auction company early so they can approve items.

WEEKS 4–6

Book the team

Obtain 2–3 written moving estimates. Reserve the mover, organizer, donation pickup and cleaner. Confirm elevator times, community rules, certificates of insurance and access instructions.

WEEKS 3–4

Sell, donate & pack

List only items worth the effort. Begin donation pickups. Pack low-use rooms and clearly label every box by destination room. Keep medications and daily necessities separate.

WEEKS 1–2

Finish gently

Confirm the mover and all vendors. Change address, utilities and prescriptions. Prepare a first-night bag. Stop making major emotional decisions during the final 48 hours.

MOVE DAY

One point person

Have one person direct the movers. Carry documents, valuables, medication, chargers and keys personally. Photograph meter readings and the condition of both homes.

DAYS 1–7

Settle before decorating

Set up the bed, bathroom, medications, favorite chair, lighting and familiar photographs first. Unpack daily-use areas. Schedule the old-home cleanout and final cleaning only after the move is secure.

THE NO-STRESS RULE

Every week should include at least one day with no moving tasks. When decisions become emotional or repetitive, stop for the day. Fatigue creates regret and conflict.

SECTION 01

Notes

Space to jot down questions, companies you liked, and next steps from “The Timeline.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 02

Trusted Local Movers

Request quotes for the same scope so comparisons are meaningful. Ask whether the estimate is binding and how travel, stairs, elevators, packing, storage, specialty items and valuation coverage affect cost.

Acceleration Moving Solutions

LOCAL, LONG-DISTANCE & FLEXIBLE LABOR

Local and long-distance moving, packing, labor-and-travel and labor-only crews. Florida mover registration IM3138; based in Bradenton/Lakewood Ranch.

941-504-6152 · accelerationmovingsolutions.com

Sunshine Movers

WHITE-GLOVE, SENIOR & FULL-SERVICE

Residential, packing/unpacking, climate-controlled storage and senior relocation. Sarasota/Bradenton/Lakewood Ranch area.

941-447-1719 · sarasotasunshinemovers.com

Spirit Movers / Atlas

LOCAL THROUGH INTERNATIONAL

Family-operated since 1983; residential, commercial, storage and specialized logistics. Sarasota, Bradenton, Lakewood Ranch, Venice and barrier islands.

941-444-0442 · spiritmovers.com

Master Movers

VENICE, NORTH PORT & REGIONAL

Full-service moving, packing, storage and junk-removal options. Ask for a written quote and service-area confirmation.

941-451-9904 · moverswithmanners.com

Gardiner & Sons

NORTH PORT & LONGER-DISTANCE

Local, interstate, packing, crating, piano, senior and office moving. Florida Mover IM2038; USDOT 1645107.

941-423-5311 · gardinerandsonsmoving.com

All My Sons

LARGER NETWORK / FLEXIBLE SCHEDULING

Local and long-distance residential moving plus packing. Confirm the exact local office, estimate format and all fees in writing.

941-926-6847 · allmysons.com

BEFORE SIGNING & MOVE-DAY QUESTIONS

Verify credentials. Confirm Florida registration and insurance; never sign a blank or incomplete estimate.

Get it in writing. Every fee, plus cancellation terms and the day-of contact.

Ask about coverage. Damage reporting, replacement protection, and whether boxes/materials are included.

SECTION 02

Notes

Space to jot down questions, companies you liked, and next steps from “Trusted Local Movers.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 03

Consignment, Auctions & Estate Help

Send clear photos before moving an item — dimensions, maker or brand, condition, location and removal date. Consign when an item is desirable and time is flexible; auction collections or qualifying estates; donate when simplicity matters more than proceeds. Acceptance is never guaranteed.

Iverson's Furniture

QUALITY, CURRENT-STYLE FURNITURE

May buy or consign furniture in excellent condition; pickup/delivery in Sarasota, Bradenton and Venice. Pickup charges may be deducted from consignor proceeds.

Bee Ridge: 941-924-8355 · Clark: 941-922-1842
usedqualityfurniture.com

The Exchange

FURNITURE, DECOR & HOUSEHOLD GOODS

Nonprofit consignment shop. Approved furniture pickup published at $69/hour round trip; donated furniture or full/partial estates may qualify for free pickup.

941-955-7859 · sarasotawex.com

Sarasota Trading Co.

FINE ART, ANTIQUES & HEIRLOOMS

Free verbal valuations for prospective consignors; European/Asian antiques, fine art, silver, bronze and select furniture.

941-953-7776 · sarasotatrading.com

Sarasota Estate Auction

HIGHER-VALUE ESTATES & COLLECTIONS

Full-service auction process from valuation and pickup through cataloging and auction. Best for items with a wider collector market.

sarasotaestateauction.com

Caring Transitions

ONE-CALL SENIOR DOWNSIZING

Relocation, sorting, decluttering, space planning, online auctions, estate sales and cleanouts. Free consultation; project pricing customized.

941-225-8114 · caringtransitions.com

SECTION 03

Notes

Space to jot down questions, companies you liked, and next steps from “Consignment, Auctions & Estate Help.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 04

Donation Pickup

Useful items that don't sell easily often find a good home through donation. Confirm current pickup territory and condition requirements before scheduling.

Habitat Sarasota ReStore

LARGE, GENTLY USED HOME ITEMS

Free pickup for many bulky accepted items; trucks generally operate weekdays. Furniture, appliances, cabinets, lighting, tools and building materials.

941-363-0777 · habitatsrq.org

South Sarasota Habitat ReStore

VENICE / SOUTH COUNTY

Free pickup for qualifying large furniture, appliances and building materials; no stairs, acceptance at driver's discretion.

941-493-0529 · habitatsouthsarasota.org

Manatee Habitat ReStore

BRADENTON / MANATEE

Drop-off or arranged pickup for accepted cabinets, furniture, appliances and home-improvement goods. Confirm current territory and condition requirements.

manateehabitatrestore.com

The Exchange — Donation

FURNITURE & PARTIAL/FULL ESTATES

Published free pickup for donated furniture and qualifying estates. Donation receipt available on request.

941-955-7859 · sarasotawex.com

A REMINDER

Acceptance is never guaranteed — call ahead with photos, dimensions and condition. Ask whether the pickup is truly free or contingent on volume, and whether a donation receipt is provided.

SECTION 04

Notes

Space to jot down questions, companies you liked, and next steps from “Donation Pickup.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 05

Where to List Items for Sale

Large everyday furniture usually performs best locally. Small shippable collectibles benefit from national exposure. High-end vintage pieces may justify a larger commission for a curated audience.

Facebook Marketplace

FURNITURE & HOUSEHOLD — LOCAL PICKUP

No marketplace fee for ordinary local in-person pickup sales. Huge local audience; expect messages and no-shows. Use safe meetup practices.

facebook.com/marketplace

OfferUp

QUICK LOCAL SALES FROM A PHONE

Most local listings are free within category limits; optional promotion costs extra. Good for furniture, tools, electronics and household goods.

offerup.com

Nextdoor

NEIGHBORHOOD-ONLY VISIBILITY

Useful for porch pickup and bulky items nearby. Listing availability and features vary by area — keep payment and pickup arrangements clear.

nextdoor.com

Craigslist Sarasota

LOCAL BARGAIN BUYERS

Generally free for typical household-item listings. Good for furniture, tools and garage-sale lots; limited seller protections.

sarasota.craigslist.org

A LISTING THAT SELLS

Show it clearly. Clean the item, use natural light, and include measurements, brand, material and condition.

Price it right. Use recent sold comparables — not asking prices — and state pickup city.

SECTION 05 · CONTINUED

Where to List Items for Sale

National and curated platforms for collectibles, designer pieces, and full estate sales.

eBay

COLLECTIBLES & EASY-TO-SHIP ITEMS

Most casual sellers receive up to 250 free listings monthly; final-value fees vary by category. Best when national demand outweighs shipping effort.

ebay.com/help/selling

Chairish

DESIGNER, VINTAGE & UPSCALE DECOR

Curated audience for quality furniture, art and decor. Standard consignor commission published at 40%; shipping coordination and approval standards apply.

chairish.com

CTBids

MANAGED ONLINE ESTATE AUCTION

Caring Transitions photographs, catalogs and markets qualifying items as part of an estate/downsizing project. Fees quoted by the local operator.

ctbids.com

EstateSales.NET

ADVERTISE AN IN-PERSON ESTATE SALE

Best when using an estate-sale company or running a multi-day household sale. Advertising packages and professional services vary.

estatesales.net

SAFETY

Do not accept overpayments, gift cards or requests to send money to a mover. Avoid verification-code scams. Have another adult present for home pickup and verify payment before an item leaves. State whether the buyer must bring help, and set a deadline before reducing, donating or removing the item.

SECTION 05

Notes

Space to jot down questions, companies you liked, and next steps from “Where to List Items for Sale.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 06

Organizing, Cleaning & Cleanout Help

The right provider depends on whether the home needs decisions, routine help, detailed cleaning or complete removal.

Caring Transitions

DOWNSIZING & PROJECT COORDINATION

Sorting, decluttering, space planning, packing, resettling, online auctions and estate cleanouts. Free consultation; customized project pricing.

941-225-8114 · caringtransitions.com

Silver Solutions

SENIOR-FOCUSED HOME SUPPORT

Decluttering, age-in-place safety, senior move management, home emptying, family distribution, donations, disposal and cleaning. Confirm local coverage and get a written scope.

silversolutions.com

The Cleaning Authority — Venice

DEEP & MOVE-OUT CLEANING

One-time, recurring and move-in/move-out cleaning serving Venice, Nokomis, Osprey and Sarasota. Free estimate.

941-293-0171 · thecleaningauthority.com

Gulf Breeze Home Cleaning

MOVE-OUT & REAL-ESTATE CLEANING

Venice-area recurring, deep, move-in/move-out and real-estate cleaning; also coordinates carpet, upholstery and grout cleaning.

941-445-2035 · gulfbreezehomecleaning.com

SECTION 06 · CONTINUED

Organizing, Cleaning & Cleanout Help

Light housekeeping for daily living, plus full removal for a whole-home or estate cleanout.

Molly Maid — Venice

CUSTOMIZED PROFESSIONAL CLEANING

Recurring, one-time and move-in/move-out house cleaning in the Venice area. Request a free estimate.

941-451-5632 · mollymaid.com

Visiting Angels Sarasota

LIGHT HOUSEKEEPING WITH CARE

For seniors aging in place: light dusting, vacuuming, dishes, trash and surface cleaning as part of an in-home care plan — not a deep-cleaning service.

941-952-5800 · visitingangels.com

Junk King Sarasota

WHOLE-HOME / ESTATE CLEANOUT

Removal of furniture, appliances and debris; free on-site estimate and donation/recycling efforts when practical.

941-298-0756 · junk-king.com

Manatee Junk Bros

BRADENTON & SARASOTA CLEANOUTS

Insured estate-cleanout service with a published $165 minimum; final pricing depends on volume and labor. Request a free written estimate.

manateejunkbros.com

ASK BEFORE BOOKING

Will the team make organizing decisions with the client, or only clean/remove items? Are supplies, hauling and disposal included? Is pricing hourly, by volume or flat-rate? Are staff insured and background checked? What items cannot be removed?

SECTION 06

Notes

Space to jot down questions, companies you liked, and next steps from “Organizing, Cleaning & Cleanout Help.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 07

Understanding Senior Living

The advertised monthly rate is only the starting point. Request a complete fee sheet after the care assessment and ask about deposits, community fees, second-person charges and annual increases.



A choice about daily life

Every level of care below is a starting benchmark for planning conversations — not a quote. Tour, ask questions, and get everything in writing before deciding.

INDEPENDENT LIVING

$2,000–$5,500+

Apartment/villa, dining plan, activities, housekeeping and transportation vary by community.

ASSISTED LIVING

$3,800–$7,000+

Housing plus help with daily activities; care-level fees can materially increase the base rent.

MEMORY CARE

$4,000–$8,000+

Secure setting, dementia-focused programming and higher staffing; pricing varies by room and needs.

LIFE-PLAN / CCRC

Entrance + Monthly

Independent living with priority or contractual access to higher care. Contract type and refund terms matter.

LOCAL PLANNING BENCHMARK

Sarasota County assisted living averaged about $4,941/month in a July 2026 A Place for Mom summary. Florida-wide published averages were about $3,640 independent living, $4,853 assisted living and $5,704 memory care. These are planning benchmarks, not quotes.

SECTION 07 · CONTINUED

What Each Level Generally Provides

A closer look at what's typically included at each stage of care.

INDEPENDENT LIVING

Often includes dining options, housekeeping, transportation, activities, fitness and emergency-response features. Personal care usually not included.

ASSISTED LIVING

May include bathing, dressing, transfers, medication assistance, meals, housekeeping, activities and 24-hour staff availability. Ask how care tiers are calculated.

MEMORY CARE

Structured routines, secured environment, dementia-trained staff, assistance with daily living, meals and specialized activities. Ask about overnight staffing.

LIFE-PLAN COMMUNITY

Independent living with access to assisted living, memory care, rehab or nursing. Compare Type A/B/C contracts, entrance-fee refunds and future-care pricing.

SECTION 07

Notes

Space to jot down questions, companies you liked, and next steps from “Understanding Senior Living.”

Companies Contacted

Questions to Ask

Follow-Up

SECTION 08

Selected Senior Living Communities

Rental communities and life-plan communities use very different pricing structures. Third-party estimates are clearly identified and should be verified directly.

$3,895+
STUDIO / MONTH

Grand Villa of Sarasota

IL / AL / MC

Published rental starts: studio about $3,895; 1BR about $4,395; 2BR about $5,995. Memory-care estimates about $3,995–$4,696.

grandvillasarasota.com

$4,900+
EST. STARTING

Legends of Sarasota

IL / AL / MC

Third-party estimated starting cost: about $4,900/month. Apartment style and care assessment determine final price.

legendsliving.com

$4,900+
EST. STARTING

American House Sarasota

IL / AL / MC

Third-party estimated starting cost: about $4,900/month. Offers multiple care levels on one campus; confirm base inclusions and care tiers.

americanhouse.com

$4,900+
PRIVATE RM.

Sarabella Senior Living

AL / MC

Third-party published estimates: private room from $4,900, studio from $5,900, 1BR from $6,900/month. Final rate depends on care level.

sarabellaseniorliving.com

SECTION 08 · CONTINUED

Selected Senior Living Communities

More rental and assisted-living options, with estimated pricing.

$4,000+
EST. STARTING

Alderman Oaks

IL / AL

Third-party estimated starting cost: about $4,000/month. Downtown Sarasota setting; confirm apartment, meals, assistance and community-fee details.

aldermanoaks.com

$3,850+
EST. STARTING

DeSoto Palms

AL

Third-party published starting estimate: about $3,850/month. Confirm current room options, care tiers and medication fees.

desotopalms.com

$3,260+
EST. STARTING

Brookdale Deer Creek

Memory Care

Published third-party starting estimate: about $3,260/month. Memory-care-only community; final cost varies by room and assessed needs.

brookdale.com

SECTION 08

Notes

Space to jot down questions, companies you liked, and next steps from “Selected Senior Living Communities.”

Companies Contacted | Questions to Ask | Follow-Up

SECTION 09

Life-Plan & Additional Communities

Continuing-care options plus the questions worth asking on every tour.

$4,848+
EST. STARTING

The Glenridge on Palmer Ranch

Life Plan / CCRC

Luxury life-plan campus with independent residences and long-term care. Third-party starting estimate about $4,848/month; entrance fee and contract pricing require consultation.

theglenridge.com

$2,355+
IL / MONTH

Village on the Isle — Venice

Life Plan / CCRC

Independent living plus assisted living, memory care and nursing. Offers Type A, B and C contracts. Local estimates: IL about $2,355, AL about $4,283/month; entrance fees require consultation. 941-202-4451

villageontheisle.com

$1,750+
STUDIO RENTAL

Westminster Bradenton

Life Plan / Rental / AL / MC

Published IL life-plan: entrance fees about $48,048–$261,602+ and monthly fees about $2,156–$5,195. Rental Manor studios from $1,750; Point Pleasant 1BR rentals from $3,188. Third-party AL studio estimate $4,452; MC studio $6,439.

westminstercommunitiesfl.org

TOUR & PRICING CHECKLIST

- ✓ Total monthly cost after assessment
- ✓ Rate and care-fee increases
- ✓ Overnight staffing
- ✓ Pet policy
- ✓ Couples with different care needs
- ✓ What happens if funds are depleted
- ✓ Community fee, deposit or entrance fee
- ✓ Meals, transportation, housekeeping
- ✓ Hurricane and emergency plan
- ✓ Waitlist
- ✓ Refund provisions

TAKE YOUR TIME

Tour more than once, including near a meal or evening shift. Request the residency agreement, full fee schedule, sample care assessment and recent rate history. For a life-plan contract, have the entrance-fee and refund language reviewed before signing.

Information checked July 22, 2026 using official provider pages where available and clearly labeled third-party senior-living estimates. Inclusion is informational and is not an endorsement. This guide is not medical, legal or financial advice.

SECTION 09

Notes

Space to jot down questions, companies you liked, and next steps from “Life-Plan & Additional Communities.”

Companies Contacted | Questions to Ask | Follow-Up