

Barbara Z. Perman, Ph.D., Founder & President, Moving Mentor, Inc.

As an educator, speaker, coach, family consultant, professional organizer and author, Dr. Perman has helped seniors, their loved ones and entire communities rethink the moving process.

Known as the “Diva of Downsizing” and “The Yoda of Moving”, Barbara is an expert in the areas of the psychology of moving and managing senior moves. Working jointly with families, professionals and facilities, she helps to create a positive moving experience, helping clients look forward to their new life with renewed energy.

BACKGROUND: Part of the impetus for starting Moving Mentor, Inc. came from friends and family asking for organizing and moving help. In 1997 Barbara moved her mother out of a house she had been in for 48 years. A task they had been dreading turned into a rewarding growth experience and spurred Barbara to create a business helping seniors downsize and relocate.

AUTHOR: Dr. Perman is the author of “No Ordinary Move - Relocating Your Aging Parents” and several supportive books and guides outlining the moving process. Barbara holds a Masters Degree from Oxford University and a Doctorate in Psychology from Edinburgh University in Scotland.

EDUCATOR/SPEAKER: Dr. Perman is a sought-after speaker on the local as well as national level. Past speaking engagements have included The National Association of Senior Move Managers and the National Council on Aging. Locally, she has provided educational seminars for many facilities, including The Loomis Communities, Rockridge Retirement Community, Bluebird Estates and the Jewish Geriatric Services, Reeds Landing and Keystone Communities.

PRESS: Barbara Perman has been featured in the Boston Globe, Life After 50 Magazine, The Springfield Republican, The Daily Hampshire Gazette, Hampshire Life, and has been a featured guest on WFCR-Public Radio, MPG Radio, WUMB Radio, and the WGBY Public Television show “Making It Here.”

THE COMPANY: Moving Mentor, Inc. is located in Amherst, Massachusetts and is one of the oldest and most established senior move management services in the country. Barbara and her business partner, Teresa Bragg, offer move management and organizing services as well as consulting services for individuals and their families, professionals and facilities who assist seniors.



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What our friends and clients say:

“From the time you walked in, sat down and listened to my history of bereavement...through the stages of searching, marking, discarding, packing, loading and transporting my goods...until I found myself securely settled in my new location, you were a constant source of understanding and resourcefulness.”

~ Dr. Robert Hoopes, Professor Emeritus, University of Massachusetts, Amherst, MA

“Barbara, I can’t express how essential you were to the whole process of moving my mother. Equal parts of organizational mastermind, counselor, and stevedore, you made it possible for our family to work together in what could have been a very challenging situation.”

~ Ellie Tupper, Daughter, Washington, D.C.



For more information or to request an interview with Dr. Perman, call (866) 549-1039, or email barbara@movingmentor.com.

www.MovingMentor.com