



Dealing with Downsizing

"Simpler and Smaller is Smarter".



"Treasure your relationships, not your possessions" - J. Campbell

Why Downsize?

- *Maintain a safe home*
- *Distribute items "your way"*
- *Minimize your moving bill*
- *Do your family a big favor*

Before you begin to downsize...

- *Create a memory book by taking pictures of each room. You'll want to remember them as they were before you start sorting.*
- *Record interesting notes about special pieces. Those receiving your items may not know the stories behind them.*

When to start Downsize?

- *Start the process NOW. Too soon is better than too late!*
- *Pace yourself! Work at a comfortable pace and rest along the way.*
- *Give yourself plenty of time to make good decisions.*
- *Take time to recall memories, laugh at photos, read old letters and shed a tear if you need to.*

Remember, we carry our memories and experiences with us in our hearts!

Sort your possessions. What will you..

- **Move to your new home**
 - *Focus on what to take with you.*
- **Give to family and friends**
 - *Which treasured keepsakes would they like to have?*
 - *Tell them to take their items with them.*
- **Sell**
 - *Consider using auction houses, consignment shops, or the web .*
- **Donate to charity (Repurpose)**
 - *Schedule the donation truck to come when you're finished.*
- **Discard**
 - *Anything broken, not wearable*
 - *The more you discard, the less your moving bill will be.*
 - *"When in doubt, throw it out."*

How to Downsize - Helpful Hints

- *Keep it simple and start small.*
- *While watching television, take a drawer and sort through it. Discard the items you no longer need.*
- *Focus on the "3 P's".*
 - *Paperwork*
 - *Sort through financial documents, letters and cards*
 - *Shred, if necessary.*
 - *Pills*
 - *Remove the medications from their bottle and place in a secure container. Seal it with tape and then discard.*
 - *Pictures*
 - *Sort through them and only keep the important ones.*
 - *Consider scanning the photos.*
 - *Label the photos you keep.*
- *Simplify clothes closet.*
- *Involve others to help you.*
- *Place different colored sticky notes on items to indicate what will be moved, given to specific people, donated, sold, shred or discarded.*
- *Start with rooms you use the least.*
- *Discard large items by taking advantage of your city's bulky trash collection service or drop-off site.*
- *When sorting, focus on one room at a time. Don't wander between rooms.*
- *Stop collecting stuff.*
- *If you have a well-stocked pantry, refrigerator and freezer, eat what you have and do not purchase more.*
- *Contact a senior move manager to help you. Call us today!*

You'll need...

- *Packing materials*
- *Packing tape*
- *Sturdy boxes*
- *Heavy duty plastic bags*



It helps to keep your eye on the finish line and your new beginning!

Special thanks to Sue Ronnenkamp.