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, shredded 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.

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