

**"Treasure your relationships, not your possessions"**

**Why Downsize?**

- Maintain a safe home
- Distribute items "your way"
- Prepare for a move to a smaller house
- Minimize the cost of your move
- Sell your house more quickly

**When to start Downsize?**

- Don't procrastinate! Start NOW.
- 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..**

- **Keep or move to the new home**
  - Focus on the important items.
- **Give to family and friends**
  - Ask which treasured keepsakes would they like to have?
  - Share the special background or legacy of these items.
- **Sell**
  - Know your goals:  
To obtain the highest return, do it the easiest way or expend the least amount of time
  - Consider using personal property appraisers, auction houses, consignment shops, and eBay.
- **Donate to charity (Repurpose)**
  - Consider using a charity that will offer pick up services.
- **Discard**
  - Toss anything broken, heavily soiled, chipped, and unusable
  - Discard large items by taking advantage of your city's bulky trash collection service
  - Consult your county's recycling website for a schedule of hazardous household waste and old electronics drop-off sites.

**The 4 P's of Downsizing - Helpful Hints**

**The Process:**

- Begin the process early. Keep it simple.
- Start small and accumulate little successes.
- Simplify your clothes closets.
- Create a staging area for you to use temporarily to sort and store items during the downsizing process.
- When sorting, focus on one room at a time. Don't wander between rooms.
- Place different colored sticky notes on items to indicate what will be moved, given to family, donated, sold, shredded or discarded.
- 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!

**Paperwork:**

- Sort through financial, medical, investment, and personal documents. Know what to shred and what to keep. Call us for a list.

**Pills:**

- Remove expired and unneeded prescription drugs from their container. Place in a disposable container, like a zip lock bag with used coffee grounds or kitty litter. Seal it and then discard.

**Pictures, slides, movies:**

- Sort through them and only keep the special ones with people.
- Label the photos you keep with key info: names, relationships, dates etc.
- Consider having your photos, slides and movies professionally scanned.

**You'll need...**

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



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

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