



The UPSIDE of DOWNSIZING

We know you don't want to think about downsizing... but there are lots of easy ways to cut that job down to size!

Carefree senior living begins when you gain control over your life. It gets even better when you're free from homeowner cares, relaxing in a stunning and spacious new residence, within a delightful community of new friends.

Easy ways to downsize your belongings and upsize your life:

- Walk through your house or apartment and take a critical look at everything, from furniture to books and decorative knick-knacks.
- Declutter every room from the basement to the attic—*before packing anything*.
- Banish the “maybe” pile. Relocation experts call it the OHIO rule: Only Handle It Once. Every time you pick something up, put it into the “keep, donate or throw away” pile.
- See how much storage you'll have in your new home and make a deal with yourself: If you don't use stored items within six months, you'll give, sell or throw them away.
- Sell valuable antiques to a dealer or place them in a consignment shop.
- Have a tag sale or give small kitchen items away. How often do you use that lemon squeezer or melon baller, anyway?
- Use a clipboard to make a list of everything before hiring someone to pack your boxes. Label all moving boxes (by room) with permanent marker.
- Pack storage items in color-coded boxes that can be moved without much effort. Plastic bins are stackable and come in many sizes.
- Review your floor plan. Measure everything—especially large items such as your sofa and bed—to make sure they'll fit into your new space.
- *Better Homes and Gardens'* Arrange-A-Room software lets you try different layouts online (just register and it's free).
- Ask the community to put you in touch with a Senior Residential Specialist.
- Use a moving company with experience working with seniors to reduce your moving-day stress.
- Relax while someone else unpacks and organizes for you!

Helpful resources:

www.washingtonpost.com/blogs/where-we-live/wp/2015/03/03/downsizing-tips-for-empty-nesters

www.styleathome.com/homes/real-estate/top-10-tips-for-downsizing/a/308

www.wikihow.com/Downsize-Your-Home

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