



DOWNSIZE WITH CONFIDENCE

8 Tips to Help You Downsize Like a Pro

A move is the perfect opportunity to simplify, refresh, and focus on what matters most. These practical tips will help you stay organized, make confident decisions, and enjoy a smoother, more stress-free transition.

- 1. Make a plan.** If you have a moving date in mind, you can plan workdays to get the job done without exhausting yourself. Define goals for each workday on your calendar and write down who will need to be involved to accomplish those goals. Involve friends and relatives early so they can be ready to help when those days arrive.
- 2. Start early.** Give yourself time to approach the process methodically. Start months ahead of moving day and sort one room at a time. The key to downsizing is not finishing the process; it's starting it.
- 3. Keep sorting sessions short.** About two hours is ideal. Start with the simplest room first. If you start with the most complicated area you may get discouraged and quit. Starting with a simple room helps build your confidence.
- 4. Use the new space as a guide.** When deciding what to take with you, it's essential to know the measurements of your new living space. Taping off floor space in your current home may help you visualize where each item will fit in your new home.
- 5. Focus on the most-used items.** Don't go by the newest and the best; go by what you use on a regular basis. If you're not sure, set the items aside, preferably out of sight, and see how you get along without them. You might be surprised how little you notice they're gone.
- 6. Identify why it's important to you.** Be able to articulate each item's purpose. Is it necessary? Is there sentimental value to the item? Is it of significant financial value? Would a family member or friend appreciate it or use it?
- 7. Think twice before selling items on your own.** Craigslist, eBay and other options are time-consuming when you're trying to downsize a houseful of stuff. If you're selling something of high value, consider getting it appraised by an auction house.
- 8. Feeling overwhelmed by the move?** Let us help. StoneRidge can connect you with trusted moving professionals to make the transition easier.



186 Jerry Browne Road | Mystic, CT 06355

StoneRidgeLCS.com

Independent Living | Assisted Living | Assistance-in-Living | Memory Care
Skilled Nursing | Rehabilitation | Respite Care | Hospice Care

Call 860.333.8995 to learn how we can help simplify your move, so you can focus on enjoying the lifestyle that awaits.