



SENIOR TRANSITION  
& ORGANIZATION

## Downsizing Checklist

*After living in a home for a long time, relocating can feel overwhelming to plan and execute. Having a step-by-step plan and strategy to get it done as efficiently as possible, minimizes the stress for everyone involved. Below are a few tips to get you going in advance of the big move!*

### Step #1: Timeline & Process

Create a realistic timeline and get prepared on how it will unfold.

- Get moving company estimates
- Determine who your team will be to help you move
- Set a specific date to move
- Have a floor plan of your new space
- Solicit support from professionals if you don't have a team to help
- Have a process set up to determine 'donate or sell' items

### Step #2: What to Bring

- Determine which pieces of furniture you will be bringing with you based on your floorplan
- Which appliances, large or smaller kitchen appliances, will you be bringing with you
- Determine which pieces of art or personal décor are your favourite that you will bring with you
- Determine clothing that will be moved into the new space including coats, boots and such. Check weather report.

### Step #3: Organize Paperwork

- Determine paperwork that will be moving with you to your new home
- Update your address with providers, banks, subscriptions, government, post office
- Review your current files and determine what can be shredded
- Protect all important documents (eg. Wills, Powers of Attorney) in a safe location during the move

### Step #4: Declutter & Pack

- Gather packing materials (eg. boxes)
- Enlist help
- Label everything
- Pack an 'open first' box
- Pack an overnight bag
- Set time aside daily and sort slowly with help to reduce stress
- Sell items as you progress so there is less to sell at the end of the process