

Downsizing is "RIGHTSIZING"

Our needs change as we move through life, and with the years adding up, so do our possessions. But the mere thought of downsizing, whether by choice or necessity, can be daunting.

"Rightsizing" is finding a home that is just the right size with only the belongings that are meaningful and needed for you or a parent is the end goal. With some pre-planning and organizing, this transition can be smooth and allow you to stay in control.

Your adult children will be thankful that you completed the task rather than leaving it to them in later years with even more accumulated "stuff".

SIMPLIFY THE TASK OF "RIGHTSIZING"

- Take good care of yourself by eating properly, drinking plenty of fluids, exercising and sleeping well
- Spread the task over a period of weeks or months
- Tackle one room at a time until completion
- Devote only a few hours each day to the task. Take a break with friends
- Sort all items into one of these piles:

KEEP

GIVE to family or friends

SELL

DONATE

DISCARD

- Pack the "KEEP" items and store until needed
- Invite your children, other family members or friends to select the items you would like to GIVE away
- Solicit family, friends or professionals to help you disperse the items to be SOLD, DONATED or DISCARDED.

Tom and Nancy will provide referrals to businesses who help organize and disperse to the various categories and to area professionals who will accept consignment, pick up donations or haul items away.



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