

Downsizing the Family Home in Preparation for a Move

The thought of downsizing can seem overwhelming, but with a little planning and a positive mindset, you can embrace the change as an opportunity for a fresh start and a simpler lifestyle.

Steps to Downsize

1. Break the process into small, manageable steps. Tackle one room or category at a time and set realistic goals for each session. This approach will help you stay focused and motivated throughout the process.
2. Obtain the floor plan of your new home to visualize where your current furniture will (or will not) fit. Leave enough space between furniture for easy flow and accessibility. There are computer applications for this, or you can cut pieces of cardboard to scale to represent furniture and place them on the floor plan diagram.
3. Tag furniture accordingly - pieces that will move with you and other items to sell, donate, gift, or discard.
4. Sort your other possessions into similar categories: keep, sell, donate, gift, and discard. Be honest about what you truly need and use. It's natural to feel attached to your possessions but letting go can be liberating.
5. Consider an estate sale to sell items you no longer need. People tend to feel their things are worth more than they are, so be prepared for realistic pricing and make sure the proceeds are likely to exceed the cost of holding the sale.
6. Some charitable organizations will pick up your unwanted furniture. Research their guidelines online. Anything that cannot be donated, sold, or gifted can be removed by a junk hauler.
7. Pack your belongings carefully and label each box with its contents and destination room. Keep essentials (meds, towels, sheets, a change of clothes, etc.) for the first night in a separate box.
8. Research and select a reputable moving company. Provide clear instructions and timelines. Be present on moving day to answer questions.
9. Once moved in, personalize your new home by hanging pictures, arranging furniture, and creating a comfortable environment.

Consider hiring a move manager to assist with the downsizing process. They can provide valuable guidance and support, making the process smoother and less stressful. They can also do the heavy lifting (literally), so you don't injure yourself.

Downsizing the family home is a significant undertaking, but with the right mindset and approach, it can be a rewarding experience. Take small steps, sort possessions thoughtfully, and utilize professional services to create a new space that better suits

your current lifestyle. Embrace the change and look forward to the freedom and simplicity of a well-organized home.

Kathy Moniello and Pam Kirkby are Seniors Real Estate Specialists with the Forevermore Homes Team of Coldwell Banker. Kathy and Pam can help with referrals to move managers, estate sale companies, furniture donations sites, and movers.