



MAKING A MOVE TO A RETIREMENT COMMUNITY

DOWNSIZING

It's never too early to start preparing to downsize. Whether you are planning to move in 60 days or 6 years, it's important to have a good plan in place for your future. That's why the dedicated staff at Riddle Village put together this guide to help. Throughout the years, we have successfully helped hundreds of people with the downsizing process. We learned a lot through these experiences and we would like to share our findings and best practices with you to make downsizing as simple as possible.

Whether you are looking to clear out a few rooms, or ready to downsize in preparation for moving into a retirement community, like Riddle Village, it can be overwhelming to know where to start. According to our experts, it's best to start with outlining a plan.

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A FEW TIPS FOR CREATING A DOWNSIZING PLAN INCLUDE:

HAVE A PLAN

- Decide when you want to make the move. 3 months, 6 months, a year or more.
- If you are planning to move, start looking at communities 6 months to a year in advance, to narrow your choices down and to ensure you can get into the community of your choice, in the size apartment that you want, as communities often have waiting lists.
- Make lists! Keep a notebook to help you keep track of what and when you are planning on doing things. Also make note of contact names and numbers for services you may need.
- Don't be shy about asking family for help. Hire someone who provides senior relocation services, this is often money well spent to help take the bulk of the physical work off you and you become a "supervisor"





Once you have a plan in place, it's time to dig in and start sorting. At Riddle Village, we understand that at this point, the process can seem daunting, but not to worry!

HERE ARE A FEW TIPS FOR GETTING STARTED:

GET STARTED

- It is never too early to start downsizing.
- Plan on what you can take with you, what you will sell or give away, what can be donated and what will need to be trashed.
- Start small
 - Select a smaller room, closet, or a single drawer and start going through items one by one.
 - A bag of donations or trash per day
 - Spend no more than an hour or two per day, as to not overwhelm yourself.
- How do you decide what you will keep, give away, sell or donate?
 - Ask yourself the following questions if you are not sure
 - Do you need it?
 - Do you want it?
 - Do you love it?
 - Does it make my life easier?
 - Do I have space for it?

EXPERT TIPS FROM THE MOVING EXPERTS AT RIDDLE VILLAGE:

We have learned a lot from the downsizing process and have some tips for people who are looking to move into a retirement community.

1. **Organize Backwards** – Sometimes it's easier to remove items you don't want, and just pack what is left. Or begin packing away things you know you will want in your new home, and pile up the rest to toss or donate.
2. **Eliminate Rooms You Won't Have In Your New Home** – If your new home doesn't have a garage for example, it's a good idea to start donating, selling, or removing items in your garage.
3. **Make a List** – Create a list outlining what you will need in each room of your home and use this as a packing list. Anything that is not on the list, can probably be donated.
4. **Get Rid of Duplicates** – If you have multiple sets of dishes, cookware, towels, curtains, etc, now is a good time to set aside what you want to keep and get rid of the rest.
5. **Ask Your Children for Help** – Especially if you have children who store their belongings at your home, such as in the attic, a bedroom, or basement, ask them to remove it. It's also a great opportunity for them to help you go through items. Set a deadline for the removal of their items.
6. **Once a Room is Clean, Keep It Clean** – After you finish cleaning out a room, keep it clean and don't start bringing items back into that room.
7. **Downsize Collections** – Whether you collect pocket watches or jewelry, it can be hard to let go of these items. However, packing them away for a storage unit or to sit in a closet isn't going to help your downsizing efforts. We recommend picking out your most favored items and bringing them with you. This will not only help you declutter, but also free up space in your new home for new items!

HOW TO GET RID OF ITEMS YOU DON'T WANT

After you have gone through a room, you might have a pile of items that you are unsure of what to do with. Here are a few of our suggestions:



SELL - GIVE AWAY - DONATE

- Yard sale, estate sale, ebay.
- Have your children or relatives come take a look at items you are not bringing and see if they want them.
- Contact a local charity to come pick up any items that are still left.



NEXT STEPS: WHEN YOU ARE READY TO START PACKING FOR A MOVE

Once you have gone through your entire home and removed items you will not need in your new home, it's time to think about packing and preparing for your move. Below are a few of our expert tips for packing:

- When you pack boxes use colored labels or tape to designate the room it will go into at your new home.
- Make a moving key.
- Make sure you label the boxes as you pack them, don't rely on your memory of what you packed in each box.
- Pack a first night box – medications, phone, chargers, pen and note pad, checkbook, important phone numbers, and anything else you would need quick and easy access to.

GOOD RESOURCE BOOKS

Keep This Toss That, by Jamie Novack available on amazon.com and bn.com

Downsizing the Family Home by Marni Jameson available on amazon.com and bn.com

CONTACT

If you are interested in learning more about Riddle Village and our availability, please give us a call at **610-891-3700** or online by visiting: <https://www.riddlevillage.com/contact>