

# Designing for Downsizing Checklist

Downsizing to a smaller home can be difficult for many people. Deciding what to keep and what to give away, figuring out where to put everything in your new home, and making it feel like your own can be stressful. But it doesn't have to be! This checklist is designed to help you figure out how to downsize while still making your new residence feel like home.

## Get Organized

Before the actual moving process begins, you'll want to organize your belongings. This should make it easier to decide what stays and what goes, and can give you a sense of what is important to take with you.

- Take inventory of everything in your house - make sure you go through all of your closets, cabinets and dressers
- Take a room by room inventory to catalog your big items
- Note what you'll actually need at your new home and what you can stand to part with - you may have some workout equipment or extra tools gathering dust that you can sell or donate

- Measure all of your furniture to determine what you'll be able to bring to your new home
- Measure all of the rooms and spaces in your new residence to make sure your furniture will fit where you want it to
- Talk to the staff at your new residence to see if they have any suggestions on what you'll need to bring
- If your new community offers design specialists, consult with them. They may be able to let you know which pieces of furniture you can keep, and offer suggestions on any newer pieces to get

*"Don't think of it as 'Downsizing,' it's 'Right-sizing!' Our design specialists try to help make your possessions fit your new lifestyle. We look for furniture pieces that can fit multiple roles, like a bench that can be used for storage as well as seating. Everything that you bring with you is going to serve a purpose in your new home."*

**Stephanie Parson,**

Sales Director & Sr. Design Manager for Quincy Village

## Purging

Downsizing means you will have to let go of some of your belongings, which can be hard. But the more you look around your house, the more items you might find that haven't been used in a long time. If you can sort through those items first, the rest will be easier.

- As you're taking inventory on the items in your home, create piles or bags of items to throw away, and items to donate
- Don't think too hard about items you've rarely used - if you haven't used it in years or forgot you even had it, chances are you won't need it
- Be honest! Don't let yourself off easy when considering what to keep, the little stuff will add up
- When going through your things, keep items that are most valuable and meaningful to you, that you will be excited to have in your new home
- Keep decorations like pictures, pillows, etc. that make you happy, and place them in a separate box to unpack first in your new home
- Ask friends and family to take a look through your donation pile and choose any items they'd like to keep before you donate them
- Find the closest donation center, and find out if they will pick up donations from your home

*"Start with checklist and go one room at a time. Don't give yourself time to reconsider, set deadlines and stick to them! If you are donating to family and friends, give them a deadline too. Tell them they have by a certain date to claim the items or they're going to auction. This will help you take control of your possessions."*

**Stephanie Parson,**

Sales Director & Sr. Design Manager for Quincy Village

## Packing

Packing up all your items can be time consuming and strenuous, but proper packing will help immensely after the move. And if you committed to the purging process you hopefully won't have too much to pack.

- Put aside essentials that you'll need for the day of / during the move (clothes, toiletries, etc)
- Pack another bag or box of items that you don't want to go in the moving truck to go in your car
- Label each box with the room that it needs to go to
- Don't go it alone! Ask friends and family for help

## Unpacking and Decorating

Now for the (mostly) fun part! Unpacking everything you just packed up may not seem like a task you want to tackle, but making your home feel like it's really yours can be very satisfying. Don't think of it as a chore; it's a way to embrace your new home.

- Take your time! Don't feel like you have to unpack everything all at once
- Unpack one room at a time, one box at a time. Breaking it down into manageable tasks will make sure you don't get overwhelmed

- Unpack items that are meaningful to you and will make your new residence feel like your new home - put up pictures and cherished items as soon as possible

*“Right-sizing can be a fun process, it doesn’t have to be negative. Involve family and friends and tell them the history of important items. For example, if you’re going through a photo album, tell a funny story about some of the pictures! That way you’ll know the item’s significance won’t be lost after you move.”*

**Stephanie Parson,**

Sales Director & Sr. Design Manager for Quincy Village

Designing for downsizing can be freeing! Getting rid of unwanted and unneeded items and keeping only what’s dear to you is a great step to successfully downsizing your home.

Some Presbyterian Senior Living communities have personal design specialists that can help you downsize and decorate. These specialists will do everything they can to help you capture the feel of your previous home, and can even visit your home before the move to help you decide what will fit into your new space! Don’t forget to ask the community you’re moving to if they offer design services.

**To find a Presbyterian Senior Living Community near you,  
please visit our Community Finder:**

*<http://www.presbyterianseniorliving.org/community-finder>*

