

Seniors DOWNSIZING CHECKLIST

1. START WITH A PLAN

- ☐ Think about why you are downsizing
- ☐ Ask yourself: Am I happy, healthy and safe in my current home?
- ☐ Consider what type of home may suit your future lifestyle
- ☐ Decide on a rough timeline for your move

2. USE PROFESSIONAL HELP

- ☐ REALTORS experienced in downsizing
- ☐ Professional organizers and decluttering specialists
- ☐ Estate sale companies
- ☐ Moving companies specializing in senior moves
- ☐ Mortgage professionals for financial planning

3. EXPLORE HOUSING OPTIONS

- ☐ Smaller single-family home
- ☐ Bungalow or single-level living
- ☐ Condo or townhouse with less maintenance
- ☐ Adult living community
- ☐ Moving closer to family, healthcare, or amenities

4. PLAN FUTURE NEEDS & SPACE

- ☐ Compare square footage & measure furniture to see what will fit.
- ☐ Consider accessibility features such as walk-in showers, fewer stairs, and easier kitchen or bathroom layouts
- ☐ Is it close to healthcare, shopping, and services?
- ☐ Does it support the lifestyle you want going forward?

5. BEGIN SORTING BELONGINGS

- ☐ Keep and move with you
- ☐ Give to family, friends (allow family to help sort sentimental items)
- ☐ Sell (estate sale, auction, yard sale)
- ☐ Donate, Discard, recycle

6. MANAGE YOUR TIME

- ☐ Start the downsizing process early
- ☐ Most moves take about 2 -3 months of preparation
- ☐ Work one room at a time
- ☐ Set manageable goals and milestones

