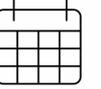


Downsizing Guide: Moving to a Retirement Home

Start Early!



The process of sorting through all the things collected over a lifetime can be emotionally draining. To make it easier on your emotions, start early and take it one step at a time.

1. Moving



- Plan what to bring based on the floorplan
 - Measure every nook and cranny of all the rooms
 - Measure furniture (length, depth & diagonal height)
- Pick a moving method that meets your needs
 - Movers specializing in senior moves
 - Full-service downsizing company
 - Moving truck rental

4. Selling



- Sell items with little sentimental value but high monetary value
 - Have a garage sale (check with city first)
 - Sell them on websites like Facebook Marketplace, Kijiji, or Craigslist
 - Post an ad in the newspaper (quality items only)
 - Visit a pawn shop to have them appraised

2. Storing



- Choose the right storage option

	Pros	Cons
Valet Storage	<ul style="list-style-type: none"> • Transport & storing done for you • Easily accessible 	<ul style="list-style-type: none"> • Expensive
Self Storage	<ul style="list-style-type: none"> • Easily accessible • Affordable 	<ul style="list-style-type: none"> • Transport and storing must be done by you
Portable Storage	<ul style="list-style-type: none"> • Most affordable option • Transport included 	<ul style="list-style-type: none"> • Not easily accessible

3. Donating & Gifting



- Donate to a charitable organization
 - Donate items in good condition to a charity. It's a wonderful way to feel good about the things you're letting go.
- Gift to friends & family
 - Gift your sentimental items to friends and family, if there is no room at the retirement home for them.

5. Junk Removal



! Pro tip: get rid of items that have not been used in the past two years.

Chances are you won't need them in the near future, and if you did, they could easily be replaced.

- Getting rid of junk & trash:
 - Boxes & bags
 - Wires
 - Instruction manuals
 - Old versions of new items you own
 - Damaged items
 - Seasonal decorations
 - Landline phone
 - Old paint cans
 - Leftover building material
- Hire a junk removal company!
 - They will come directly to your home, pick up the junk for you and properly dispose of it. You won't have to lift a finger.

Tips for a Smooth Move to the Retirement Home

Packing



- Get moving boxes with handles
- Order boxes online from MovingWaldo SHOP
- Avoid overfilling the boxes
- Label boxes and items as you go

Not up to packing at all?

- ★ Benefit from your moving company's packing services or hire a full-service downsizing company.

Timeframe



- To avoid being stuck with your items after the junk removal, sell your items early.
- Move into the retirement home one week before the junk removal and donations pick-up.

The Big Things First



Why start with the big things?

Starting with the big things will give you a sense of progress.

What is the big stuff?

Anything that can prevent you from moving forward whether it be due to its size or sentimental value.

Big stuff to consider getting rid of:

- Large and heavy objects (appliances & vanities)
- Rooms with multiple items (kitchen & storage)
- Items with sentimental value
- Rooms that you spend the most time in

Saving Space



- Digitalize photos, CDs, and DVDs, or have a book made from them.
- Take pictures of items you want to remember but can't keep
- Get rid of duplicates. Do you really need two spatulas?
- Donate or give your fancy work clothes that you don't use anymore.
- Use every nook and cranny at the retirement home. You can place those family vacation souvenirs on the corner of the window.
- Finish the project you never got around to finishing. If you like quilting and have tons of fabric lying around and have no interest in pursuing the project, get rid of it!

About MovingWaldo

MovingWaldo is your favorite digital moving concierge service. Our [Moving Dashboard](#) assists millions of people in tackling moving tasks in minutes, for free. We provide free resources, tips and tricks, and referrals from reputable service providers to help make moving easier.

- ★ [Change your address in just a few clicks](#)
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- ★ [Get free shipping on MovingWaldo SHOP](#)

- ★ [Find the best junk removal companies](#)
- ★ [Find the best storage units](#)
- ★ [Get moving and address change checklists](#)