

Where to Begin With Downsizing



Moving to an assisted living community usually means moving into a smaller space. Use these professional tips to ease the challenges of downsizing.

- Make a plan. Downsizing requires busy days for sorting and quiet days for reflection. Be sure to give yourself time for both.
- Make a list. Before touching anything, make a list of the things you absolutely want to bring to your new home.
- Start with the unsentimental items. Get into the rhythm of parting with items by saying goodbye to things like extra cheese graters and used up rolls of gift wrap.
- Hire help. There are people and companies that specialize in downsizing. Contact your new community to see if they can recommend someone to help when you need it.
- Visit your new home frequently before moving in. Look around and visualize your favorite possessions around you. Where will you put them? What will you need and not need? Keep this visualization in mind as you sort and organize.
- State each item's purpose. If it does not have a purpose, ask yourself if it sparks joy in you. If it doesn't, set it aside.
- Wait to dispose of things. Place the items you want to part with somewhere out of sight. You'll either find yourself reaching for the items that are truly missed, or realize how much you enjoy living with less clutter.
- Have fun! Downsizing is a chance to celebrate the items and memories that you treasure, while giving you the chance to say farewell to the ones that have completed their journey with you.

A Helping Hand Ready When You Are

At Watermark, our residents lead enriching and rewarding lives with confidence. Enjoy total peace of mind knowing that expert care is always just a moment away, allowing you to focus on the things that matter most to you.



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