

Ten Tips to Downsize and 'de-stress' your move!

1. Start Early – End Happy

It's never too early to begin the downsizing process. Begin by focusing on typical problem areas such as the attic, basement, garage, closet, file cabinets etc. Attack one area at a time and don't try to do them all at once!

2. Get Generous

Since you can't take everything you own to your new home, now is the time to make arrangements to "gift" some of your treasures to special people in your life including family, helpful neighbours, friends, favorite charitable organizations, churches and synagogues.

3. Save Your Memories

You may have boxes of old photos from every holiday, vacation and family event attended. What do you do with them? Consider the following ways to preserve family photos and stories: a customized process of audio and video recordings called Life-Storying. Scan your special photos on to a CD or USB stick or try your hand at scrapbooking.

4. New Looks for Books

If you own large quantities of books, you may need to spend time downsizing your collection and keep only your most treasured or favorite ones. Books occupy lots of space and are heavy to move. Consider donating to libraries or senior centres, or selling to used book bookstores. Call on a book dealer for older books with potential value.

5. Use it Up...Don't Move it Out

Take an inventory of your canned goods, frozen foods, baking supplies and paper products. Plan to use as many of these products as you can before your move day. If you simply have too many of these items, think about passing them on to a local food bank or soup kitchen if the expiry date is still valid.

6. Recycle

Check your local recycling calendar for curbside pick up dates for paper, metal and glass or compostable waste. Take time to put together a box or two of household, yard and automotive cleaning products, as well as paint, lubricants, fertilizer or other chemical products that are considered hazardous waste.

7. Stay In Touch

Create a list of people, places and utilities/services that need to be notified of your upcoming change in address, e.g. hydro, gas, insurance, bank/credit cards, newspaper/magazine providers, CRA, etc.

8. Plan Ahead

Our Senior Move Managers can provide you with a customized floor plan of your new residence. A floor plan will help you determine the pieces of furniture will fit in your new residence and the location for each item. Knowing which pieces you will have in your new space will help you in your rightsizing process.

9. Pack a Survival Bag

Put together a survival bag for move day. It might include personal needs (medications, eyeglasses, toiletries, change of clothes, important papers, etc.), kitchen needs (snacks, drinks, folding chair(s), disposable cups, plates & cutlery), cleaning supplies (paper towel, soap, etc.) payment for mover if needed and other cash expenses.

10. Ask For Help

Don't be too proud or independent-minded to ask for help. Moving is not easy and you shouldn't do it all yourself.

***Just Imagine Transition Services** has the tools and the expertise to make your transition smooth and effortless.*