



## The Ultimate Downsizing Checklist

A Step-by-Step Guide to Help Seniors

Declutter, Organise & Transition with Ease

### 6-8 Weeks Before the Move

- ☐ Decide on your new living arrangement and get measurements
- ☐ Set a move date
- ☐ Hire a Senior Move Manager or support team
- ☐ Start going through storage areas (garage, sheds, etc.)
- ☐ Create a sorting system: Keep / Donate / Sell / Discard
- ☐ Make a downsizing plan: What will fit in the new space?

### 4-5 Weeks Before the Move

- ☐ Begin room-by-room decluttering (start with least-used rooms)
- ☐ Donate or sell items you don't need
- ☐ Arrange donation pickups or estate sale help
- ☐ Start organizing important documents and memorabilia
- ☐ Notify family members about items you're letting go of

### 2-3 Weeks Before the Move

- ☐ Begin packing non-essentials and label boxes clearly
- ☐ Pack a "Moving Day Essentials" bag (meds, documents, chargers, toiletries)
- ☐ Confirm move-in details and moving company logistics
- ☐ Schedule utility transfers (electricity, water, phone, etc.)

- ☐ Arrange for cleaning after you move out
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### **1 Week Before the Move**

- ☐ Finish packing and labelling remaining items
  - ☐ Dispose of perishables and defrost freezer
  - ☐ Confirm appointment times with movers and organizers
  - ☐ Walk through your current home to double-check nothing is left behind
  - ☐ Say goodbye to your old space - take a few photos and moments to reflect
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### **After the Move**

- ☐ Unpack essentials first - kitchen, bathroom, bedroom
- ☐ Arrange furniture and décor for ease of movement
- ☐ Hang favourite photos and artwork to make your new space feel like home
- ☐ Meet the neighbours or connect with your retirement community
- ☐ Celebrate your new chapter!