



Make the Most Out of
**Moving to a
Smaller Space**

*Courtesy of Marie LeBlanc,
Transitions & Liquidation Services, Inc.*





When planning a move, it's normal to feel swamped by the amount of planning involved and the details to be managed. The following checklist for transitioning will help break down the process into manageable bits.

A FLOOR PLAN IS KEY

It is vital to have a to-scale floor plan of your new residence to help you determine what will fit. With this floor plan in hand, you can measure and place furniture, using scaled paper cutouts of each piece. Once you have determined which furniture you'll take, dive deeper into the process by defining the amount of clothing and household goods that will fit in the furniture, closets, and cabinets. For example. If you are taking a bedroom dresser that has 12 drawers, fill those 12 drawers with the clothing you want to take. If you are only able to fit one nightstand instead of the two currently being used, then only those things that fit into one nightstand can be moved. If you currently have 12 feet of linear hanging space in your house and your new apartment will have six feet, empty one clothes closet and mark off six feet. Consolidate your clothing to fit the marked space and donate or give away the rest.

KITCHEN CABINETS

When planning for your kitchen, count the number of drawers and cabinet doors and the number of shelves behind them. Using the same method described above, decide what to pack and move by filling the same number of drawers and shelves. Then determine what to do with the rest of the items that don't fit. Keep your favorite spatula or whisk and donate the duplicates. Remember that you'll likely be doing much less cooking in your new home.



DECLUTTERING

Decluttering when downsizing is essential if you'll be moving to a smaller home. Using the tips above to pare down your possessions may seem like an uncompromising approach but knowing what will and won't fit in your new space will help eliminate some of the emotional discussions that can ensue when trying to fit "ten pounds of potatoes into a five-pound bag."

Using this process already described, determine which of the following home furnishings you want to take with you:

- For the sitting area: sofa, chairs, end tables
- For the kitchen: dishes, glasses, cutlery, small appliances, pots/pans
- For the bedroom: bed, side table(s), bedding, comforter, blankets, throw pillows
- Décor: lamps, knick-knacks, photos, wall art, bookcase, books
- Essentials: alarm clock, tv/radio, toiletries, prescriptions

You may want to consider hiring a senior move manager, who can not only use your floor plan to assist with determining what can be moved, but also label items so the unpacking process is streamlined. A senior move manager will also help with sales, donations, or disposal of unwanted items and assist with obtaining short or long-term storage solutions.

DOWNSIZING FOR A SMALLER SPACE

More than decluttering, your move will require organization and some difficult decision-making. You may want to consider hiring a senior move manager, who will work with you every step of the way. Your floor plan will determine what you can move and where it will be positioned, but there is much more a senior move manager can do to make your move as stress-free as possible. What household items will be moved? What things will be given to family members? What can be donated to local charities? A senior move manager will help with sales, donations, or disposal of unwanted items and will assist with short- or long-term storage solutions.

Everything going to your new home will be labeled so that the unpacking process is streamlined and so your new space welcomes you with the look and feel of home.



SELECT A MOVING COMPANY

An ideal choice for a mover is one that has experience moving residents into senior living communities. For example, they should demonstrate sensitivity and compassion when interacting with you. A senior move manager may recommend and work very closely with the moving company so that, upon arrival at your new home, the boxes can be unpacked, and the furniture and decor can be set up as closely as possible to the way they were in your former home. This creates a sense of familiarity and comfort that will make it easier to settle in.

Be certain the mover can handle heavy items. Get cost estimates, licensing documentation, and ask questions to determine the full scope of the moving company's proposal so there are no unexpected surprises during the move.

MEDICAL AND HEALTH CONSIDERATIONS

Following are some smart steps you can take to ensure there is continuity in your care.

- Make an appointment with your primary care physician for a physical checkup (if needed) and to fill out required documents. You'll also want to obtain copies of your medical records and speak with the doctor about your upcoming move.
- If you are moving to a new area, do your research to find a new primary care physician near your new home. Plan appointments to ensure on-going care.
- If you or your loved one will be receiving support services or moving into a senior living community, check with the senior living community to see if they accept issued, unopened medications. If so, be sure to fill existing prescriptions and provide them to the staff when moving in. If not, be sure the forms your doctor fills out include prescription information. The community will coordinate with their pharmacy to get the medications.
- Plan to line up an eye doctor, dentist, orthopedist, or other specialists in the event they are needed after you move. Be sure to obtain medical records from all current providers



THE DON'T-FORGET ITEMS

Checking off these logistical items will help make your move smooth and avoid interruption of key services:

- USPS Mail Forwarding/Change of Address: The U.S. Postal Service offers an online tool you can use to request mail forwarding.
- Cancel current utility services by contacting gas, water, electricity, and/or fuel companies.
- Reserve elevators and loading docks for the move.
- Inform family and friends about your change of address, as well as insurance companies, lawyers, financial advisors, doctors, subscription services, and the Social Security Administration in your area.
- Add your new address to your electronic devices and add scheduled services and events to your calendar.
- Check requirements for Insurance certificates, etc.
- Set up cable/internet/phone services at new residence and schedule installation appointment.

THE WEEK BEFORE

- Review paperwork for your new home to be sure everything has been completed and received.
- Ask about gate codes in your new community, if applicable.
- Consider obtaining an emergency pendant, especially if there is a risk of falling.

Keep in mind that your senior move manager and senior living community staff are there to help with this transition. This checklist will help make the transition a smooth one so you can focus on the new friends and many exciting activities waiting for you.



**If you're planning a move,
we have a wealth of resources available to help.
To learn more, call us at 617-513-0433.**



Phone 617-513-0433
TransitionsLiquidation.com

