



Downsizing Made *Easy*

DOWNSIZING TO SENIOR LIVING CHECKLIST

specifically designed to help streamline the process while honoring what's meaningful and necessary

Start Early & Make a Plan

- Set a move-in date
- Tour your new space and get measurements/floorplans
- Create a room-by-room plan for sorting

Pack for Daily Life First

- 1-2 weeks' worth of clothing
- Toiletries and medications
- Favorite personal items and photos
- Bedding and towels
- Phone, charger, and tech essentials
- Snacks, books, or comfort items

Sort Belongings by Category

Using the Four-Box Method:

KEEP / DONATE / SELL / DISCARD

- Furniture
- Clothing & shoes
- Kitchen items
- Linens & bedding
- Personal care supplies
- Decor and artwork
- Books, media, and hobby supplies
- Photos and memorabilia
- Electronics and cords
- Tools and cleaning supplies

Decide What Will Fit in the New Home

- Bring only essential furniture (e.g., bed, favorite chair, small table)
- Choose multi-use or compact items
- Keep sentimental items that provide comfort
- Label fragile pieces for movers

Donate, Gift, or Sell

- Offer family heirlooms to loved ones
- Schedule donation pickups
- Host a garage/estate sale or sell online
- Responsibly discard unsellable items

Organize Important Documents

- Gather medical records/insurance info
- Secure legal documents (will, POA, ID)
- Cancel or transfer subscriptions
- Update address with post office and contacts

Final Steps Before Moving

- Confirm move-in date and logistics with the community
- Label all boxes clearly
- Pack a "first night" essentials bag
- Say goodbye to your home with a small farewell ritual



Let us Simplify Your Journey

Scan code or call to learn how we can support your move every step of the way



of Roanoke

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ASSISTED LIVING | MEMORY CARE

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