

Senior Downsizing Checklist

WHERE TO START

Work through one small area at a time. Check off only the steps that apply to you.

01 Plan your timeline

- ☐ Confirm your moving date, if you have one, and work backward from it.
- ☐ List who can help and which tasks may need professional support.
- ☐ Schedule short sorting sessions; leave extra time for difficult decisions.

02 Get to know the new space

- ☐ Get a floor plan or measure rooms, closets and storage areas.
- ☐ Measure large furniture and decide what will fit comfortably.
- ☐ Check which furniture or appliances the new home already provides.

03 Sort in manageable steps

- ☐ Make a room-by-room list, including storage areas and paperwork.
- ☐ Begin with an easier drawer, cupboard or shelf.
- ☐ Choose what to keep based on use, meaning and room in the new home.
- ☐ Reduce duplicates, expired products and items you no longer use.

04 Give each item a destination

- ☐ Separate items to keep, offer to family, donate, sell, recycle or dispose of.
- ☐ Set aside a small "not sure" group and return to it on a planned date.
- ☐ Arrange donation pickups, recycling or removal before moving day.

MOVE SNAPSHOT

Target move date _____

New home / address _____

People helping _____

Keep moving, one step at a time

Use this page for the decisions and logistics that come next.

05 Family and meaningful belongings

- ☐ Ask family early which belongings they would like; set a pickup date.
- ☐ Set aside dedicated time for photos, heirlooms and other sentimental items.
- ☐ Choose what to keep, give away or photograph for the memory.

06 Documents and a safer home

- ☐ Keep identification, medical information and important records secure.
- ☐ Shred old papers containing personal information.
- ☐ Plan clear walkways and easy access to frequently used items.

07 Pack and prepare for moving day

- ☐ Finish most decluttering decisions before packing.
- ☐ Book packing, moving or unpacking help as needed.
- ☐ Label boxes by room and contents; mark a few "open first" boxes.
- ☐ Keep medication, keys, documents, phone charger and daily essentials with you.

08 Settle into your new home

- ☐ Unpack the bedroom, bathroom, kitchen and everyday clothing first.
- ☐ Place daily-use items where they are easy to see and reach.

MY FIRST THREE ACTIONS

1. _____
2. _____
3. _____

Need help planning, sorting or packing? Visit harmonyhomeorganizing.ca