DOWNSIZING PARENTS' HOME CHECKLIST

START HERE: MAKE A DOWNSIZING PLAN

- [ ] Talk through the downsizing plan together
- [ ] Determine the move or downsizing timeline
- [ ] Measure the new living space
- [ ] Compare the new space with the current home
- [ ] Decide which furniture will fit
- [ ] Create a room-by-room plan
- [ ] Gather important documents and records
- [ ] Identify items that should not be discarded
- [ ] Take photos of valuable or sentimental belongings
- [ ] Set aside plenty of time for sorting

SORT THROUGH BELONGINGS

- [ ] Start with easier, less sentimental spaces
- [ ] Review duplicate household items
- [ ] Sort clothing and shoes
- [ ] Sort books, décor, and collectibles
- [ ] Review kitchen items and appliances
- [ ] Sort garage, shed, and outdoor items
- [ ] Set aside family heirlooms and sentimental items

HANDLE SENTIMENTAL & IMPORTANT ITEMS

- [ ] Ask family members which keepsakes they want
- [ ] Label items being passed down
- [ ] Photograph sentimental items that cannot be kept
- [ ] Digitize photos or important documents when appropriate
- [ ] Organize family photos and albums
- [ ] Safely pack fragile keepsakes
- [ ] Keep important documents together, including:
  - [ ] Identification
  - [ ] Financial records
  - [ ] Insurance documents
  - [ ] Medical information
  - [ ] Property and vehicle records

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DECIDE WHAT TO DO WITH EVERYTHING ELSE

- [ ] Deliver items being given to family or friends
- [ ] Schedule donation drop-offs or pickups
- [ ] List items you plan to sell
- [ ] Consider an estate or garage sale if needed
- [ ] Recycle eligible items
- [ ] Arrange disposal for items that cannot be donated
- [ ] Decide whether any remaining belongings need storage

PREPARE FOR THE MOVE

- [ ] Reserve moving equipment early
  - [ ] Moving truck
  - [ ] Trailer
  - [ ] U-Box® containers
  - [ ] Storage
- [ ] Reserve Moving Help® for moving assistance
- [ ] Gather boxes and packing supplies
- [ ] Label boxes by room and contents
- [ ] Clearly label fragile items
- [ ] Keep medication and daily essentials separate
- [ ] Keep important documents with you
- [ ] Prepare an essentials bag for the first few days
- [ ] Pack nonessential belongings first

PREPARE THE HOME

- [ ] Remove remaining unwanted items
- [ ] Check closets, cabinets, and storage areas
- [ ] Empty the attic, basement, garage, or shed
- [ ] Clean rooms as they are emptied
- [ ] Complete any necessary repairs
- [ ] Return borrowed items
- [ ] Collect spare keys
- [ ] Arrange final cleaning if needed
- [ ] Complete a final walkthrough

MOVING DAY

- [ ] Keep medications and essentials accessible
- [ ] Keep important documents and valuables with you
- [ ] Confirm arrival details with Moving Help providers, if reserved
- [ ] Protect furniture before loading
- [ ] Load heavier items securely
- [ ] Check drawers, cabinets, and closets one last time
- [ ] Check the garage and outdoor areas

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AFTER THE MOVE

- [ ] Unpack daily essentials first
- [ ] Set up frequently used rooms
- [ ] Confirm furniture is placed safely
- [ ] Unpack medications and important personal items
- [ ] Organize stored belongings
- [ ] Break down or recycle empty boxes
- [ ] Finish any remaining donations or sales
- [ ] Help make the new space feel familiar and comfortable

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