

The Easy Guide to Downsizing

The prospect of downsizing can feel daunting. But once you get started, you'll see just how worthwhile it can be. Follow these five tips to simplify the job and ease your stress.

1. Start small and go slow

Don't make the mistake of trying to do too much too quickly. Follow these tips to keep from feeling overwhelmed.

- Focus on one room or area of the house at a time.
- Give yourself plenty of time, take breaks, and don't rush.
- Have your boxes and packing supplies ready before you begin.

2. Sort your items into categories

As you go, divide your items into the following categories to help you stay organized:

- Keep
- Donate
- Sell
- Trash/recycle
- Not sure/I'll decide later

3. Ask some honest questions.

When deciding which items or furnishing to bring to your new apartment home, ask yourself the following:

- Is it really important to me or am I keeping it out of habit?
- How much room will it take up in my new home?
- Is it easy to clean or does it require special care?
- Can it save space by serving multiple functions?
- Is it appropriate for my physical needs or stage of life?

4. Help yourself to let go

Parting with certain possessions can be an emotional experience. Follow these tips to make letting go a little easier:

- Offer heirlooms and treasured possessions to family and friends.
- Sell or donate items so that someone else can love them too.
- Take photos of the items you most want to remember.
- Don't forget: You're only parting with possessions, not memories.

5. Don't go it alone

Ask for help from family and friends, and take advantage of the assistance provided by Erickson Realty and Moving Services at Cedar Crest.

Take your first step today!
Call 973-839-9377 to learn how Cedar Crest can help.

It's never too soon to get started.



Cedar Crest
BY ERICKSON SENIOR LIVING™

1 Cedar Crest Drive
Pompton Plains, NJ 07444
CedarCrestCommunity.com