

# MAPLEWOOD

*Senior Living*

## 10 TIPS FOR DOWNSIZING TO A SENIOR LIVING COMMUNITY

### DIGITIZE MEMORIES

Preserve sentimental items by digitizing photos, documents, and mementos. This allows you to save space while still holding onto cherished memories.

### ENLIST SUPPORT

Seek help from friends, family, or professional organizers to assist with the downsizing process. Having support can make the experience more manageable and less isolating. Celebrate Progress: Acknowledge your achievements along the way. Celebrate each milestone reached and recognize the positive impact downsizing will have on your future.

### STAY POSITIVE

Focus on the benefits of downsizing, such as simplifying your life, reducing stress, and freeing up time and resources for what truly matters.

### PRACTICE SELF-COMPASSION

Be gentle with yourself throughout the downsizing journey. It is normal to experience mixed emotions but remember that letting go of possessions does not diminish your worth or memories.

Keep in mind, downsizing is not just about letting go of material possessions; it's a transformative process that can lead to greater clarity, freedom, and fulfillment in your life.

When you are considering moving to a senior living community, downsizing can feel overwhelming both emotionally and logistically. Reduce stress by planning and embracing the process. These tips will help you through the process.

### START EARLY

Begin the downsizing process well in advance of your move. Allow yourself enough time to sort through belongings without feeling rushed or overwhelmed..

### SET REALISTIC GOALS:

Goals: Establish achievable milestones for decluttering and downsizing. Break the process into manageable tasks to prevent burnout and maintain motivation.

### ASSESS YOUR NEEDS

Evaluate your new living space and determine what items are essential. Focus on keeping things that serve a purpose or hold sentimental value.

### DECLUTTER METHODICALLY

Sort belongings into categories such as keep, donate, sell, or discard. Use the "one-year rule" – if you have not used or needed an item in the past year, consider letting it go.

### EMBRACE MINIMALISM

Embrace the concept of minimalism by prioritizing quality over quantity. Choose to keep items that bring you joy and enhance your life while letting go of excess clutter.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)

**Connecticut:** Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

**Massachusetts:** Brewster, Weston, West Yarmouth

**New Jersey:** Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

