



the **SENIOR MOVE
PARTNERSHIP**



DOWNSIZING AND DECLUTTERING TIPS

Follow these 8 tips to declutter your home when downsizing!

1

Just do it!

- Start small
- Give yourself a set amount of time – perhaps an hour. Put the radio or TV on to pass time
- Reward yourself at the end with a nice cup of coffee and the paper – or whatever you enjoy.



2

Four categories

Your belongings can be split into four categories:

- What you want to keep/can't bear to part with
- What can go to charity
- What can be thrown away
- What can be sold/given to family or friends.

3

Clothing

- If you haven't worn something for some time – ask yourself why
- If it doesn't fit anymore – it needs to go
- If it needs buttons or mending – it needs to go
- This job can be difficult – limit yourself to an hour at a time
- The new space you create can mean new clothes in the future...

4

Removals

- Get three quotes from removal companies – look for recommendations from friends and consider the local family run companies as well as BAR members
- Let them do the packing professionally.

5

Memories

- Your memories are bound up in lots of different belongings – you need to be creative to be able to keep the important ones
- **Furniture** – if you are moving, a floor plan of the new home helps, so you can ensure you can fit all the important things in
- **Collections** – can you display your collection in a more compact way, on a wall or a unit, in scrap books? Is every item important? Are there some which matter more than others?
- **Photographs** – scan them and put them in an electronic photo frame or store them in a photo album so they are easier to see. If you have duplicate photos or photos of places that don't have meaning you could dispose of them.

6

Paper Work

- Old business records/ or self employed records need to be kept for 6 years only
- Generally speaking, hang onto bills and bank statements for at least two years, and insurance documents as long as they are
- When it comes to tax-related paperwork like pay slips, P45s etc, HMRC suggests keeping them for at least 22 months from the end of the tax year they relate to – the tax year finishes on April 5 – keep your relevant paperwork until at least January 31 two years later
- Consider getting a confidential shredding company to do your shredding for you will get a certificate confirming destruction.

7

Safe Box

- This box should always stay with you when you move – it should contain:
 - Birth/marriage certificates, passports, financial documents, medications, jewellery etc.

8

Take your time

- Downsizing can be a lot of work, the sooner you start the easier it will be
- Plan your progress from room to room and it will be less stressful for you, who knows, it may even be an enjoyable and rewarding trip down memory lane.

Take it one step at a time, don't let it overwhelm you and seek help if needed.

Tips for the family

- ✓ Discuss downsizing in advance. Help the person moving to decide which things to keep and what to let go. Plan as far ahead as possible, this gives plenty of time to get everyone used to the idea of the move.
- ✓ Enlist family members of all ages. Encourage them to request items special to them. People love to know some of their treasures will be staying within the family.
- ✓ If you have still have some of your things at your parents' home, remove them, they are yours!
- ✓ Take pictures of your loved one's home, paying special attention to their favourite things and views. These photos may make you all smile and remember.
- ✓ It is an emotional time and there may be lots of different feelings about the move. You might not agree or understand some of their decisions or their attachments to particular items – but remember it is their choice.

Tips for seniors

- ✓ Make lists of things you want to keep, things to give away, and things that can be donated to charity or taken to the skip / recycling centre.
- ✓ When you have decided on a new home, measure the rooms and space – this will help you decide what will fit and where.
- ✓ You do not have to do this all on your own – ask for help. You might feel you are burdening your family and friends, but they might be keen to help. What help can they give you?
- ✓ Contact a Senior Move Manager to help. They are professionals, sensitive to your feelings and needs, and can help project manage the remaining work and carry out those jobs your family may not have time to help you with.
- ✓ Above all, relax. This may seem hard at first, but concentrate on moving forward and enjoying this new phase in your life.