

# Capri Communities Downsizing Checklist

Your step-by-step guide to a smooth, stress-free transition

## Plan Ahead

- Decide your ideal timeline for downsizing
- Research your new space and its layout
- Identify storage solutions in your new home
- Schedule time for each room or task

## Sort Your Belongings

- Go room by room
- Use the Four Category Method: Keep, Donate, Sell, Gift
- Avoid creating a “maybe” pile
- Start with non-sentimental items first

## Preserve Your Memories

- Scan or photograph old photos, letters and memorabilia
- Create a digital album or memory book
- Consider gifting family heirlooms with stories attached

## Measure & Prepare Your New Space

- Measure doors, rooms and storage areas
- Check furniture dimensions for your new layout
- Decide what fits, what to sell and what to replace

## Involve Family & Friends

- Ask for help with packing or moving
- Keep decision-making in your hands
- Host a “legacy day” to share stories and memories

## Use Professional Support (Optional)

- Consider a senior move manager or professional organizer
- Hire movers experienced with downsizing older adults
- Ask about unpacking, arranging and settling into your new home

## Maintain Emotional Well-being

- Take breaks when feeling overwhelmed
- Be patient with sentimental decisions
- Celebrate milestones throughout the process
- Focus on the benefits: less maintenance, more freedom and community connection

## Enjoy Your New Chapter

- Settle in at your pace

- Engage with new neighbors and community activities
- Keep routines that bring comfort and joy
- Embrace the freedom and simplicity of your new lifestyle