

Printable Senior Downsizing Checklist

A room-by-room downsizing checklist that makes sorting and moving to a smaller home manageable.

Plan Ahead

- Measure the new space and doorways
- Make a floor plan for furniture
- Decide what truly fits and matters
- Ask family which heirlooms they want
- Set a realistic sorting schedule

Sort Room By Room

- Start early with one room at a time
- Keep daily essentials and favorites
- Set aside items to gift to family
- Donate or sell what will not fit
- Digitize old photos and documents

Handle The Details

- Hire help for heavy lifting
- Arrange document and photo storage
- Update address and medical providers
- Plan an estate sale if needed
- Transfer or refill prescriptions

This is the blank version. Want it filled in for YOUR move?

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