

Downsizing to retirement living

A useful guide and checklist for retirees.

Some decorating ideas for each room in your new retirement villa and a handy checklist to help you start the process of downsizing before you move in.



Living Room

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> 2 / 3-seater sofa | <input type="checkbox"/> Television | <input type="checkbox"/> Floor rug | <input type="checkbox"/> Floor lamp |
| <input type="checkbox"/> 1-2 armchairs | <input type="checkbox"/> TV cabinet | <input type="checkbox"/> Decorative cushions | <input type="checkbox"/> Table lamp |
| <input type="checkbox"/> Bookshelf
(if space allows) | <input type="checkbox"/> Ottoman
(if space allows) | <input type="checkbox"/> Coffee table | <input type="checkbox"/> Wall art |
| | | <input type="checkbox"/> Side table x 1 or 2 | <input type="checkbox"/> Decorative pot plant |

Kitchen / Dining

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> 2-4 seater dining table | <input type="checkbox"/> 4x mugs + glasses | <input type="checkbox"/> Fruit bowl | <input type="checkbox"/> Bakeware set |
| <input type="checkbox"/> 2-4 dining chairs | <input type="checkbox"/> 4x dinner plates | <input type="checkbox"/> 1 x toaster | <input type="checkbox"/> Cutlery set |
| <input type="checkbox"/> Cooking utensil set | <input type="checkbox"/> 4x cereal bowls | <input type="checkbox"/> 1x kettle | <input type="checkbox"/> Favorite cookbooks |
| <input type="checkbox"/> Drying rack | <input type="checkbox"/> Fruit bowl | <input type="checkbox"/> 1x coffee maker | <input type="checkbox"/> Placemats & coasters |
| <input type="checkbox"/> Small buffet
(if space allows) | <input type="checkbox"/> Pantry & cleaning items | <input type="checkbox"/> 1x microwave | <input type="checkbox"/> Wall clock / wall art |

Master Bedroom

- | | | | |
|---|--|---|------------------------------------|
| <input type="checkbox"/> Bed (S/D/Q) | <input type="checkbox"/> Sheet set | <input type="checkbox"/> Chest of drawers | <input type="checkbox"/> Floor rug |
| <input type="checkbox"/> Bedside table (1 or 2) | <input type="checkbox"/> Quilt cover | <input type="checkbox"/> Decorative pot plant | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Bedside lamp (1 or 2) | <input type="checkbox"/> Decorative cushions | <input type="checkbox"/> Wall art | <input type="checkbox"/> Pillows |

Guest bedroom / study

- | | | | |
|--------------------------------------|--|---|---|
| <input type="checkbox"/> Bed (S/D/Q) | <input type="checkbox"/> Desk chair | <input type="checkbox"/> Floor rug | <input type="checkbox"/> Bookshelf
(if space allows) |
| <input type="checkbox"/> Sofa bed | <input type="checkbox"/> Decorative cushions | <input type="checkbox"/> Desk lamp | |
| <input type="checkbox"/> Desk | <input type="checkbox"/> Wall art | <input type="checkbox"/> Decorative pot plant | |

Bathroom

- | | | | |
|--------------------------------------|--|---------------------------------------|---|
| <input type="checkbox"/> Bath towels | <input type="checkbox"/> Hand towels | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Wall art |
| <input type="checkbox"/> Bathmats | <input type="checkbox"/> Toothbrush holder | <input type="checkbox"/> Shower caddy | <input type="checkbox"/> Decorative pot plant |

Outdoor area

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Outdoor dining table | <input type="checkbox"/> Outdoor dining chair | <input type="checkbox"/> Decorative pot plants | <input type="checkbox"/> Small BBQ (if needed) |
|---|---|--|--|

Downsizing Checklist

When you begin the process of downsizing, it is useful to go through all of your household items with a notepad, marker and colour coded sticky notes and sort each item into one of four categories:

- **Must have:**
These are your most beloved items and documents that you will be taking with you no matter what.
- **Nice to have:**
These are items that you like and would like to take with you if there is enough space, but you won't mind if you can't take them with you.
- **Donate or Gift:**
These are items that you don't want or don't need anymore but would like to donate to charity or gift to family or friends.
- **Throw away:**
These are items that are broken, old or not able to be used or donated. These items could be recycled or may need to be thrown in the rubbish bin.

Here are some ideas to help get you started. You can add to the list as you are going through each room.

Must have

- | | | | |
|---|--|-----------------------------------|--------------------------------|
| <input type="checkbox"/> ID documents
(Driver's license,
passport, birth
certificate, etc) | <input type="checkbox"/> Family heirlooms | <input type="checkbox"/> Jewelry | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Photo albums | <input type="checkbox"/> Antiques | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Special furniture | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Nice to have

- | | | | |
|---|--|--|--------------------------------|
| <input type="checkbox"/> Sporting / exercise
equipment | <input type="checkbox"/> Tools & home
maintenance items | <input type="checkbox"/> Office supplies | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Craft supplies | <input type="checkbox"/> Kitchen gadgets | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| | | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Donate or gift

- | | | | |
|---|---|--|--------------------------------|
| <input type="checkbox"/> Large, bulky furniture | <input type="checkbox"/> Bric-a-brac | <input type="checkbox"/> Clothes & shoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Books | <input type="checkbox"/> Family heirlooms | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Throw away

- | | | | |
|--|--|--------------------------------|--------------------------------|
| <input type="checkbox"/> Old electronics | <input type="checkbox"/> Broken kitchen items | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Old linen | <input type="checkbox"/> Old newspapers /
magazines | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Helpful tips:

- ✓ Start your sorting checklist
- ✓ Start at least 3 months before you move
- ✓ Ask family or friends for help
- ✓ Distribute family heirlooms
- ✓ Hold a garage sale or sell items online
- ✓ Engage other services (removalist, rubbish collector)

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