

THE NEXT STEP IN DOWNSIZING:



HELPING YOU EVERY STEP OF THE WAY

01

CREATE A PLAN: The process of moving is always more straightforward if you have a plan. Beyond sorting your belongings, plan for the move. Know key details about your new home before you arrive with boxes:

- Floor plans
- Measurements
- Door and elevator size
- Any community policies

02

ONCE YOU KNOW THIS, IT'S TIME TO ANSWER:

- Who will be helping with the move?
- What is being moved?
- When can you move into your new home?
- Where is the new place located?
- What are the best directions?

03

ASSESS YOUR NEEDS: Once you've created your plan, assessing your needs in your new home is essential. It is also possible to sell these items at consignment or garage sales:

THE MAJORITY OF THE ITEMS IN THOSE SPACES WILL NEED TO BE:

- Sold
- Donated
- Thrown away
- Relocated to other rooms

04

START WITH THE HARD STUFF: Start with the rooms where items that are least used are stored. Before entering the room, decide to throw out anything:

- Broken
- Cracked
- Deteriorated

AFTER THIS, GET STARTED SORTING THE ITEMS YOU FIND MOST CHALLENGING TO PART WITH, SUCH AS:

- Sentimental items
- Family heirlooms
- Items that are no longer needed

05

TAKE INVENTORY: After sorting through your belongings, take an inventory. By doing this, you will be able to see what you have and what you need:

IN A HOUSEHOLD INVENTORY, YOU RECORD ALL YOUR PERSONAL BELONGINGS, INCLUDING YOUR:

- Decorations
- Tangible assets
- Wardrobe
- Anything else found in your house
- Relocated to other rooms

06

DON'T BE AFRAID TO LET GO: Your unwanted items can be donated to many organizations. There are even some organizations that will pick up your donations:

- The Salvation Army
- Habitat for Humanity
- Goodwill
- PickUpMyDonation
- Furniture Bank Network

07

DOWNSIZE GRADUALLY: Downsizing is a process — not an event. Do not over-commit yourself and take things one step at a time. As a result, the transition will go as smoothly as possible. It is better to take your time, so you don't experience a great deal of stress and upheaval.

08

BE PATIENT: The process of downsizing a home can be physically and emotionally draining for everyone involved. The process of downsizing is long, and finding the right balance may require some time. Make the transition smoothly by being patient and sticking to your plan.

09

TALK TO A PROFESSIONAL: Downsizing can be overwhelming, but you don't have to do it alone. At Next Step Living, we'll guide you every step—making smart choices, staying organized, and reducing stress so you can enjoy your next chapter.



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