

Downsizing Your Home for Retirement

Many factors come into play when considering a move to a senior living community. Can I afford my current lifestyle? What are the available options for me? And, even when you decide that moving to a continuing care retirement community is right for you, the process of moving takes time, energy and plenty of planning.

Although downsizing can seem overwhelming now, doing so can help declutter your life and empower you to make important decisions for your future. That's why, at Meadow Lakes, we offer the [Move Ahead program](#). Move Ahead means no worries during the downsizing process; keep reading to learn more.

Our Senior Living Downsizing Services Ensure a Smooth Transition

Our Move Ahead team is with you every step of the way during the moving process. Our certified downsizers start by helping you sort your items and declutter your belongings, organize an estate sale, packing and more. We will also work with your realtor to evaluate your home, make recommendations for small repairs and help to stage it for better sales appeal.

Not only will the team help you in preparing for the transition, but our Move-In-Coordinator will be onsite the day of your move. Since the downsizers also help in designing and setting up the floor plan for your new home, you can sit back and relax knowing that the day will run as smooth as possible.

To get you started, here are a few of our favorite tips for downsizing your home:

1. **Keep Items With the Most Value:** When going through your home, keep asking yourself, "What are the items most important to me?" This will help the decision-making process run smoothly and ensure your new home will be filled with your most beloved items.
2. **Label Everything:** Organization is key when it comes to packing. Clearly label the contents of each box, so you'll know where it belongs in your new home.

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And, be sure to pack one box with the items you need in the first night in your new home. This way, after a long day of hauling boxes and furniture, you'll have everything you need to relax and can save the unpacking for the next day.

3. Set a Goal: Keep focus through the downsizing process with a goal in mind. Whether it be finishing a room or just making that one phone call to a donation center, accomplishing tasks and checking off a list keeps you motivated. While you may experience a few frustrating moments, with outside support from loved ones and experts at Meadow Lakes, the positives will shine through as you take on this new adventure.

Learn More About Move Ahead at Meadow Lakes

Once you decide that downsizing and making a home at Meadow Lakes is the right move for you, you'll immediately feel at ease. Resident Brigitte Wachs shared, "When residents first move in, they are amazed that the staff addresses them by name. This friendliness extends to residents who quickly learn the newcomer's name, help them to get acclimated, extend a dinner invitation, making them feel great." While downsizing can take time and energy, we'll believe you'll also find it to be rewarding.

[Contact us](#) today to learn more and schedule your personal tour.