



# MAKING THE MOVE:

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“Rightsizing” Your Lifestyle



The Esquiline  
A Life Plan Community at the Shrine

You're considering making the decision to "rightsize" and move into a home more suitable to your current activities and interests. However, you're feeling overwhelmed by the need to pick and choose among the mementos and furniture you've accumulated over decades in a house that is now too big and difficult to maintain.

The process of downsizing can be emotionally exhausting. However, keeping possessions can actually be more burdensome.

"The more you own, the more time and mental energy you spend keeping track of it, and the more you worry about breaking or losing what you worked so hard to get. A cluttered environment causes stress, conscious or not, every time you come home and look at it," remarked psychiatrist [Elana Miller](#).

Which precious items should you take with you, which should you give to family and friends, which should you sell, and which should you give away? How will your furniture fit in the new home? Who is going to take care of everything?

These questions are probably just a few of those running through your head. In this how-to guide, you'll find tips and checklists for every aspect of the move.



## 13 "RIGHTSIZING" TIPS FOR DIY-ERS:

- 1** Measure your new apartment and make a layout. At The Esquiline, apartment layouts are available online.
- 2** Take an inventory of what you have. You can make lists for smaller items and mark larger items with sticky notes.
- 3** Buy some brightly colored Post-It™ notes in various colors, advises Kay Morrison, owner of The Occasional Wife, a company that helps people declutter and organize their homes.
- 4** Decide which color you shall use for Keep, Dispose, Give to Family, Sell, and Give Away. For example, use pink for Keep, blue for Dispose, yellow for Give to Family, green for Sell, and white for Give Away.
- 5** Take a walk through your home and select the items you don't need or use. Put a note on those items to mark them as part of the "Dispose" category. You can decide whether they'll go to family or be sold or given away later. If you can, move the Dispose items into one area. If you or family members can't do it, don't worry about it.
- 6** Put a Keep sticky note on the large items, such as furniture, you absolutely want to keep.
- 7** Measure the furniture you plan to keep. Will it fit in the new space? If not, what are you going to do with it – store it, sell it, give it to family or donate it?

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Cut out pieces of paper in proportion to the size of your apartment layout to determine how the furniture will fit in the apartment. There are also many free apps available to help you room layout.

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If a piece of furniture absolutely won't fit, The Esquiline offers limited storage. You may decide to swap out one item for another at a later time. Although [most experts advise](#) against keeping items in storage for long periods of time, The Esquiline's storage option gives you the time to make a decision.

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Determine which of the Dispose items will be given to family, sold, or given away. You can either mark these items with sticky notes or make lists.

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Go through drawers, closets, and stored boxes and get rid of clutter. Either throw it away or designate it as going to family, being sold, or being donated.

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Notify family members to pick up their items.

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Notify charity organizations to pick up items. Most charities, such as Goodwill, will pick up large or many items.

## 9 TIPS FOR FINDING A REPUTABLE MOVER

- 1 Ask friends, co-workers, or your realtor for a recommendation.
- 2 Screen all movers via the Better Business Bureau.
- 3 Choose the top three or four movers and request an in-home estimate. You may also need to tell them approximately how much you are moving. Some movers will store items in a storage unit for you. Make sure you ask what services they offer.
- 4 Compare estimates and services.
- 5 Check them out online at your secretary of state's office to find out how long they've been in business. Also check at the [U.S. Department of Transportation Federal Motor Carrier Safety Administration](#) (FMCSA) to find out whether they have the license and insurance to move you.
- 6 See if the FMCSA has any complaints against your selected mover by calling 888-368-7238.
- 7 Make sure you get a copy of the mover's inventory on moving day.
- 8 Give the movers specific directions on how to get to your new home, as well as your phone number if they get lost.
- 9 Get the movers' phone number so you can reach them if there's a change in plans or to check on their status.

If you decide not to get a moving company, make sure family and friends help. Moving is exhausting. You don't need an additional physical burden to add to the emotional burden of moving.

## SENIOR MOVE MANAGERS DO IT ALL

Senior Move Managers will not only take down, pack your precious items, move them to your new apartment, and place them where you want them, they can deal with the restrictions of homeowner associations, turn off the cable, arrange an auction, ship items to far-away relatives, and clean your old home afterward.

Many senior move managers charge between \$41 and \$60 an hour. Senior move managers will inventory your items and help you make choices whether to keep, sell, or give them away, then pack and ship everything. They have special software to help you decide which pieces of furniture will fit into your new apartment and which will not. They are also trained in dealing with the emotional baggage that comes with change.

Once they've moved your furniture and items to your new location, many will arrange furniture and unpack and put away items.



## TIPS FOR MOVING YOURSELF

Don't overwork your family and friends, and don't overwork yourself. Schedule your time. Schedule a rental van in advance.

Take one day to donate any items your chosen charity didn't pick up and throw discard items in the trash. Depending on where you live, you may have to take larger items to the dump or purchase special trash tickets in order to leave them on the curb.

Clear pathways before you pick up the rental van. It's not only inefficient to have to step over and around items to get your furniture out, but it's also dangerous.

Once your house is empty of furnishings, it may be best to have a family member, friend or cleaning service finish cleaning it out. Instead of dwelling on the past, greet your beloved keepsakes and furniture as they arrive at your new apartment and direct them to their new homes.

Don't overdo it! Take your time, and schedule more time than you think you will need.

Be patient with your family. Family members may not realize the emotional toll moving takes on you. Remind yourself that they're there to help.



## DON'T FORGET FIDO!

Moving is as traumatic for animals as it is for their owners. To ensure your beloved pet has a happy move to his new home, here are some [tips](#):

- 1** Maintain your calm. Your stress will be communicated to your pet.
- 2** Take frequent walks. Not only will exercise reduce your pet's stress, it may prevent accidents.
- 3** Pack your pet's items last and, if possible, keep them in your vehicle, not in the moving van.
- 4** Take your pet somewhere else on moving day. A daycare or a friend's house are options. This is especially important for dogs. Changes in schedules frequently upset dogs, but the situation is worsened when other people, whether strangers or not, are coming in and out of the house because dogs are territorial. If you have no place to take them, put them in a doggie crate if you have one. If not, lock them in your bedroom, but remember to check on the dog frequently.
- 5** Don't travel without your pet if possible. Your pet will already be frightened by the changes in schedule.
- 6** Don't wash your pet's bed or blanket. Familiar smells will help soothe your pet at the old house while packing, during the trip, and at your new home.
- 7** At your new home, try to keep your schedule the same. Put food bowls and pet beds in similar locations.
- 8** Find a new veterinarian as soon as possible. If there's another pet owner nearby, ask him for a recommendation.

## **MOVING TO THE ESQUILINE**

**Should you choose to move to The Esquiline, we do everything we can to ease the transition. We'll work with you to come up with a customized plan to help your move go smoothly. Here's how!**

### **We have the tools to make your transition easy:**

- Custom design options for your new apartment home
- Choose from a palette of wall colors, carpet samples, cabinet features, closet configurations, and drapery recommendations.
- Individualized consultations at your home

### **We'll help you:**

- Find a reputable realtor
- Connect with legal services for estate planning & power of attorney
- Find a moving company
- Connect to resources for estate sales, auctioneers, and donation and electronic recycling sites

### **Once you are here:**

- We'll help connect you to programs, services, and activities that fit your lifestyle
- We'll even help you plan your next party or holiday event with us!

## WHAT TO EXPECT WHEN YOU ARRIVE

Once you move into [The Esquiline](#), staff members will be there to show you around, introduce you to residents and other staff, and demonstrate the services and amenities available to you.

Maintenance will stop by and help you hang pictures and mirrors, as well as show you how to best regulate your new home's temperature and how to use appliances.

Your housekeeper will also visit to schedule the best times and days to clean your apartment.

Those are just a few of the people who will welcome you to The Esquiline during your first few weeks.



## IT'S ALL ABOUT THE ATTITUDE

Moving can be difficult emotionally and physically. If you were training for a 10K, you would take extra effort to make sure you are eating well and take special care of your body. Moving is no different.

Plan ahead to ensure your move will be as enjoyable as possible. Delegate to family, friends or movers.

Once you've moved, you may experience [unexpected benefits](#), such as stress reduction, more energy, more free time, a greater sense of control, and a new freedom.

Look toward the future, not back at the past. Don't dwell on what you've left. Instead, look forward to the many opportunities for a new life and new friendships at your new home.

## IS IT TIME TO PLAN FOR YOUR MOVE?

If you are considering a move to The Esquiline, either now or in the future, please feel free to give us a call with any questions you have. We would be happy to help!

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You may also like this worksheet that helps you compare your current costs to the costs and benefits of The Esquiline:





## SOURCES

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