

Downsizing Checklist

- Help start the downsizing by helping to identify what won't be kept – what hasn't been used for a year or so and isn't likely to be used again.
- Assign the best person to ask your parents if they would like help in getting all of their important paperwork together, i.e., health care proxy, living will, power of attorney, will and/or trust documents, tax papers, a spreadsheet of accounts and credit cards with PINs and passwords, bills to be paid, funeral/burial wishes and arrangements, etc.
- Contact a local realtor to determine the value of your parent's home. There are even realtors who specialize as Senior Residential Specialists.
- Use a moving company geared for seniors. They do exist and will help your parents have a less stressful experience.