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Changing Spaces SRS  
Senior Relocation Services  
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*We specialize in all of the tasks listed here and more. Call us today for a free in-home consultation to see how we can customize our services for your unique situation and needs.*

## **Where do we start? How to prepare for a move**

The first step in preparing for a move is to look at the belongings that already fill your current home. Get rid of anything that is not valuable or useful. Start small – pick one room (or even one closet) to focus on at a time. Gradually make your way throughout your home, one room at a time, evaluating every object that's in every drawer and cupboard. Useless stuff has a way of hiding in dark corners!

### Some guidelines to keep in mind when getting rid of items:

- It's best to start with a floor plan of your new home (with accurate measurements of the dimensions of each room) so you can see how your furniture will fit in your new space and the best way to arrange it. This will also help you to see what furniture you may not have room for in your new home. Family members or friends may be able to use some of the furniture you don't have room for, or you may be able to sell the items online. You can also donate furniture to local charities.
- Consult your financial advisor regarding which financial and tax records you should keep and then shred the old records that no longer need to be retained. Consider using one of the professional shredding services if you have a significant volume of old financial records.
- Clean/clear your garage of all excess items. Get this job done during the cooler months of the year when working out in your garage can be a pleasant activity. The same applies to attics, crawl spaces and any other outdoor or out-of-the-way storage areas that will need to be cleared.
- Clean out your closets and donate or consign clothing that is old or no longer fits. These things aren't doing you any good taking up room in your closet and may well benefit someone else.
- Clean out your medicine cabinet and bathroom cabinets and throw away all old, expired drugs and products and anything else you no longer use or need.

- Begin the process of going through your pictures and other memorabilia from your past. Again, keep only those things you truly value. Remember that vacation and scenery pictures are generally nice only in the short term. Keep pictures in frames only if you're going to display them. This also might be a great time to put together a special photo album for each of your children.
- If you have a large number of books it is a good idea to reduce your collection as books are heavy to move and can take a lot of space. Consider donations to libraries, senior centers or friends, or you might sell them at used bookstores or online.
- Go through your canned goods, frozen foods and paper products. Plan to use as many as you can before moving. If you have too many to move, think about donating them to a food pantry or charity.
- If you have collections of items, think about keeping one or two of your favorites and donating the rest to a special person or charity. Remember that passing items along to others who really need them will improve the quality of their lives.
- If you're still collecting stuff, STOP IT! This is a time to let go of your excess material possessions and to start focusing on the things in life that are really important: your family, your friends, collecting new experiences and memories, and doing all you can to age successfully. More useless stuff will NOT add value to your life.
- Think about how your lifestyle will change in your new living space. If you are moving to a retirement community that provides most of your meals, you probably won't need four cookie sheets and eight casserole dishes.
- Make sorting as easy on your body as possible by setting small, manageable goals and taking frequent breaks. Recognize that sorting through your belongings can be an emotional task, and allow yourself time to experience any feelings that come up.

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