



IT'S STRICTLY MATHEMATICAL - The contents of a three-bedroom house just will not fit into a one-bedroom condo. It's time for a reality check, so grab your tape measure and get to work creating an accurate floor plan so you can figure out the furniture that will fit in your new home.

Measure kitchen cabinets and clothes closets. Then, tape off the same amount of space in your current home. Select items, like clothes, dishes, appliances and books and make sure they fit that space. Remember, if your buffet does not fit onto your floor plan, everything that is currently stored in that buffet will have to go somewhere else once you have moved to your new home.

You might also want to check online or in catalogues for solutions that will maximize storage space and plan to have these systems installed before you move in.

DOWNSIZING 101 - Downsizing decisions are easier to make when you use the three P's – pitch, patch, and pack.

PITCH things that are not going to your new home. Not necessarily garbage, just stuff you no longer want, use or need it. It can seem easier to part with something when you know you can pass it along to someone who will make better use of it. Give these items safe

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Time to *lighten up*

BY KAREN SHINN

Did you know that 1,000 Canadians turn 65 every single day?

As Canada's population ages, the number of people planning to move dramatically increases. Of course, moving means sorting, editing and purging treasures that have been accumulated over a lifetime and this process can be emotional and often overwhelming.

Take a look into our homes and you'll discover they are filled with a variety of things:

- Items we thought we needed, but only used a couple of times.
- Clothes that used to fit and we're still hoping they'll fit again.
- Inherited furniture and accessories that don't fit our lifestyle.
- Multiple products we bought on sale because the price was irresistible!
- Sentimental keepsakes, like baby clothes and/or school art projects.
- Unpacked boxes from previous moves.
- Sports equipment for sports we no longer play.

Get the idea? You can probably add a few of your own items to this list because we live in a society that values stuff. The more we have, the more we want. The more we buy, the faster they

make a new, improved model that we just must have. It's a never-ending cycle.

Holding on to things because you might need them someday is a trap many people fall into and this can lead to piles of stuff stored in boxes in the basement, hidden in corners of closets and cupboards or tucked away in the attic.

The decision to move to a smaller home tends to motivate people to get serious about downsizing and release many of the things they no longer want, use or need.





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passage by sharing them with friends and family or donating them to a favourite service organization.

PATCH stuff that can't be used in its present condition, like a lamp with unsafe wiring or clothes with a missing button. There may be a good reason for repairing and keeping it, but if something has been hanging out in your basement for several years waiting to be repaired, you might want to ask yourself... Is it really all that important to me? Is it worth the cost of the repair? Who will fix it? Either patch it or pitch it.

PACK items you treasure. This is the time to keep the good stuff because you are worth it. Pack it up and use it in your new home.

IS IT ME OR MAGIC?

Survey everything in your home and divide it into two categories:

ME! Treasures you will take to your new home or give a family member to enjoy. Pack carefully.

MAGIC! Stuff you simply want to disappear. Box it and deliver it to re-sellers (not much demand for used stuff these days), charitable organizations or... the transfer station.

The key to successful downsizing is to start small and start now. As Walt Disney used to say, "The way to get started is to quit talking and begin doing!" So, lighten-up! **50**

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www.downsizingdiva.com