



**Caring
Transitions®**

Downsizing Guide

Downsizing

- Determine your space
- Decide what you NEED
- Include what you LOVE
- Choose from what you WANT
- Ask for help as needed (family or a professional)
- Modify for your new space

Let go of “space takers”

- Broken, outdated electronics
- Too many multiples
- Things that belong to others
- Things we kept out of guilt
- Clothing/Shoes that don't fit or you never wear
- Kitchen items you no longer use
- Excess and mismatched linens
- Books and magazines
- Outdated spices and baking goods
- Junk mail, expired coupons, catalogs
- Expired medications and toiletries
- A large percent of seasonal items
- Clean the “junk drawer”

***We can help! Call for assistance with
sorting, organizing & downsizing!***

What can be donated in good condition (unbroken with no chips, stains, rips, cracks)

- Clothing
- Bedding & Towels
- Furniture
- Dishes, pots and pans
- Utensils and appliances
- Tools and equipment
- Knickknacks
- Books
- Unopened and unexpired food

What can't be donated

- Cribs
- Weapons
- Unwiped electronics
- Maybe: Tires, TV's, Monitors
- Maybe: Mattresses and waterbeds

What cannot be placed in the trash

- Prescription Meds
- Oil based and latex paint
- Wood stain/preserver
- Pesticides & Fertilizer
- Flammables
- Certain Cleaning Products
- Auto fluid, sealant, chemicals
- Mercury Thermometers
- Electronics

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