



## **The Art of Rightsizing**

### *A 10-Step Guide to Downsizing for a Life of Clarity, Comfort, and Connection*

At RiverSpring Living, we believe moving forward doesn't mean leaving everything behind. Rightsizing is about choosing what fits your lifestyle today—and letting go of what no longer does. It can seem daunting at first, but this guide is here to make the transition not only easier, but also truly rewarding and liberating!

#### **STEP 1 : Know What You Want**

Whether you're seeking fewer responsibilities, a safer environment, or a vibrant community like RiverSpring Living, start by identifying your goals. Rightsizing is a chance to reimagine your lifestyle—not just reduce your belongings.

#### **STEP 2 : Start Early, Go Steady**

Begin the process months ahead of your move, if possible. Avoid last-minute stress by breaking tasks into manageable phases. Tip: Devote 15–30 minutes a day to decluttering one drawer, shelf, or box at a time.

#### **Step 3: Sort with Purpose and Heart**

When it's time to let go, think in categories: keep, donate, gift, or toss. Using color-coded stickers or labeled bins can make the process clearer and less overwhelming. Ask yourself thoughtful questions along the way—*Do I use this? Do I love it? Does it have a place in the next chapter of my life?* Remember, treasured heirlooms can be passed along to loved ones or preserved in photos and keepsake books that honor the memories while freeing up space.



#### **STEP 4: Make an Inventory and Floor Plan**

Use a rightsizing worksheet to track what you own and where it will go. Take room measurements from your new space and map out what furniture fits. Many communities (like ours!) will help with this step.

#### **STEP 5: Talk Openly with Family**

Downsizing can stir emotion. Communicate early and often with loved ones. Let them know your wishes, and involve them in passing on meaningful items—it creates beautiful moments of connection.

#### **STEP 6 : Be Selective About Furniture**

Focus on multi-functional, comfortable pieces that fit your future space. Think quality over quantity. That oversized dining table? Maybe it's time to gift it and keep the memories instead.

#### **STEP 7: Respect the Past, But Live in the Now**

Letting go of old school records, stacks of National Geographics, or clothes from decades ago doesn't erase the past—it makes room for what's next. Keep what reflects who you are today.

#### **STEP 8: Create a Space That Works for You**

Your new space should support comfort, mobility, and peace of mind. That means clear walkways, good lighting, and thoughtful layouts. At RiverSpring Living, our residences are designed with aging in mind—featuring walk-in showers, emergency response systems, and other built-in safety features that make life easier every day.

#### **STEP 9: Get Expert Help**

Don't go it alone. Downsizing experts, move managers, estate planners, and even senior move concierge services can be lifesavers. We're happy to connect you with our trusted resources.

#### **STEP 10: Celebrate What's Ahead**

This isn't just a move. It's a milestone. Whether you're transitioning to independent living, assisted living, or memory care on our beautiful 32-acre campus, you're stepping into a life filled with comfort, care, and community.

#### **Need Help Navigating What's Next?**

RiverSpring Living is here to guide you. With a full continuum of care and expert advisors, we'll help you find the right fit—so your next chapter feels just right.