



The Daughter's Guide to Downsizing Aging Parents

A compassionate, step-by-step approach to a major life transition

If you're feeling overwhelmed, you're not alone.
You don't have to do this perfectly.



Minimize with Meaning

Start small & go slow

- Focus on one space at a time
- Begin with easy items first
- Ask: "Do you use this? Do you love this?"



Map the Transition

Plan what fits next

- Set a clear timeline
- Measure the new space
- Sort: Keep, Donate, Sell, Pass Down



Make the Move Seamless

Pack with purpose

- Label clearly
- Pack by category
- Prepare a "first day" essentials box



Maintain & Support

Ease the adjustment

- Create simple systems
- Be patient
- Offer ongoing support

Navigating the Emotions

Listen more than you direct. It's their journey too.

- Expect resistance
- Don't rush decisions
- Avoid taking it personally

Need Help?

We specialize in hands-on downsizing support for aging parents.

