



LIONS GATE

Lifestyle. Care. Community. Tradition.

Rightsizing with the Right Mindset: Tips to Downsize with a Smile

As people age, it is common to not be able to keep up with household chores or the upkeep on a large home. What used to be a simple task can become daunting and could possibly become harmful to yourself or your loved one. It is this scenario that leads many people to consider a senior living community where they can downsize and become free from stress – and worries. Downsizing, or what is better known as ‘rightsizing’, should be looked at as an opportunity and a bonding experience, not an ending to your current way of life. There are many ways to transform your rightsizing experience into a meaningful event to be treasured just as much as the items you love.

As opposed to strictly downsizing, rightsizing is the concept of adapting your keepsakes into your exciting new life! If you are moving into a senior living community where there is less space than your current home (but also less responsibilities!), you will have the opportunity to take your most beloved possessions with you and fit them into your new home while leaving unnecessary items behind.

Five Ways to Make Rightsizing to a Community Easier

1. **Donate.** While sometimes it can be hard to let go of items that you previously needed and love to have, it can help to have a motivation to leave them behind. If you or a loved one are having trouble parting with items, it can be helpful to think of all of the people who could benefit by your giving it away. It can be much easier to rightsize if you think about giving your items to someone who needs them more than you do.
2. **Pass It Down.** If you have jewelry or other pieces in your home that mean a great deal to you, such as your mother’s pearls or a painting from your grandfather, consider passing down these items as family heirlooms. You may be giving up these items, but you are also creating memories for your loved ones and a legacy for future generations.
3. **Store It.** Put some items in storage that you can’t quite part with yet. You can even let your family members hold on to some items just in case you end up needing them at your senior living community in the future. As time goes on, you may come to see that you do not need all of the things you kept in storage and may even decide to go through it in order to rightsize some more.

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4. **Have a Yard Sale.** If there are some items that have too much value to give away but don't need to become family heirlooms or can't move to the community with you, consider having a yard sale in order to make some money while you rightsize your life. You may end up making enough money to purchase some new decorations or furniture for your new home that may fit better than what you would have taken otherwise.
5. **Consider Consignment.** This can be a helpful tool for rightsizing to a community. For items that you don't need to sell right away, consider consignment. This means the items will be out of your way but there is still the potential for you to make money off of them. Keep in mind that the place you give these items to will take a percentage of whatever your items sell for. Make sure to find out all details of how and when you will get paid, as well as how much of a percentage they take of it.

Experience Lifestyle, Care, Community and Tradition at Lions Gate.

Lions Gate, located in Voorhees, NJ, offers a continuum of lifestyle and care options rooted in Jewish traditions and values. Whether you are in need of [Independent Living](#), [Assisted Living](#), [Memory Care](#), [Skilled Nursing](#) or [Rehabilitation Services](#), Lions Gate has you covered.

Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire wellness as well as social, cultural and spiritual independence.

To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!

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