

# Downsizing .... the “ups and downs” of moving to a Retirement Resort



As a Lifestyle Consultant and Marketer in a Retirement Resort one of my biggest observations has been the struggle my clients have to part with lifelong belongings in order to downsize.

Leaving a home you have grown to love can be an incredibly difficult decision. It's not only where you raised a family, but spent countless hours making memories, hosted get-togethers it's the place you call home.

Downsizing ahead of time for the purpose of a move to a retirement residence can help simplify and provide clarity in your decisions.

While you may feel a rush of emotions when you look at your belongings it's important to remember they do not define you.

Letting go of your belongings and home can be difficult when your identity is entwined with them. Give yourself time to declutter and enjoy the amazing lifelong memories they have given you.

No matter how much you believe you are making the right decision to move, feeling sad or grieving during downsizing is entirely normal. To get

through this process become involved in your new community quickly and as actively as possible.

Remember the benefits of downsizing and remind yourself as to why you made the decision in the first place.

Some quick tips to make a smoother transition in the downsizing process:

1. Create a plan: Make a list of what you are willing to part with and what you want to keep.
2. Assess your needs: What will be kept, thrown away, donated, or relocated.
3. Take Inventory: Record all your belongings, this will also help with moving company if anything goes missing.
4. Downsize gradually: This is a process not an event, don't over commit, take one thing at a time.
5. Talk to a professional: Consider the help of a company who specializes in downsizing.

Remember that often when you think you are at the end of something, you're at the beginning of something else!

Chris Adams • [Southwoodliving@regencyresorts.ca](mailto:Southwoodliving@regencyresorts.ca)



Love  
Living  
Here.



## Regency Southwood RETIREMENT RESORT

Southwood Retirement Resort offers residents scenic environments and easy access to lakeside paths surrounding Skaha Lake. Southwood is dedicated to **enhancing** the retirement lifestyle for residents with a **focus on well-being and community engagement.**

3475 Wilson Street, Penticton  
250-770-1178  
[regencyresorts.ca](http://regencyresorts.ca)