

# Move Management Services

## Helpful Hints on Rightsizing and Moving

### [ **Abilities Network**<sup>®</sup> ] Senior Services

*Retirement is the time to care for yourself and simplify your life: find that perfect maintenance-free lifestyle. Rightsizing is creating a clutter-free and simpler living environment. This is the way to start.*

#### How do I start to Rightsize?

Begin in small and manageable sessions. Just sort through the desk today and the bedroom closet tomorrow; 2-3 hour bursts work best. Determine what to keep, gift, donate and discard.

#### When should I start Rightsizing?

Rightsizing can be done at any time! But the best time is **BEFORE** your house is listed. This will help you cut the clutter to make your home more marketable. Don't leave sorting until the week prior to your move, sort as you go. It makes the process of packing that much easier!

#### When should I start packing?

Don't start packing months before your move, you will lose track of your items and wind up taking too much! Sort and rightsize first, then begin packing 2 weeks prior to the move. An Abilities Network Move Manager can have you packed, moved and unpacked usually within 3 days.

#### How do I know how much to take with me?

An Abilities Network Move Manager can develop a customized floor plan of your new home. This is drawn to scale to determine how your furniture will fit. Think about the closet, cabinet & storage space in your new home. Do you really need 10 winter coats? Ask yourself, "Do I use it?" and "Do I love it?"

[ **Abilities Network**<sup>®</sup> ] Move Management Services provides personalized relocation services to support your transition into a new home by planning, de-cluttering, coordinating, and re-settling in your new space.



*“Give yourself permission to hire a professional. It’s not a luxury, it’s an investment.”*

[ **Abilities Network**<sup>®</sup> ]  
*Senior Services*

**Headquarters**

8503 LaSalle Road  
Towson, Maryland 21286  
Phone: 410.828.7700  
Toll Free: 1.800.492.2523  
Fax: 410.828.7708

For other office locations  
visit us online at  
[www.abilitiesnetwork.org](http://www.abilitiesnetwork.org).

**Has your basement become the storage area for your children’s old high school yearbooks?**

Do ask your children what items they intend to keep. Give them a timeframe to claim those items.

**I know I’m going to have items to donate or sell. What do I do with them?**

Don’t worry about your donation or sales plan right away. Finish your sorting first. Abilities Network can help you find the right people to auction, consign, sell or donate your items.

**Why should I hire a professional Move Manager?**

Give yourself permission to hire a professional. It’s not a luxury, it’s an investment. We will save you the headaches and backaches of your move! We are there every step of the way and we will make sure your wishes and needs are met. We pack with the intention to unpack and resettle you into your new home.

**What should I carry with me?**

You should carry the personal items you will need for the day or two leading up to and after the move. Some necessities are address books, cell phones, keys and medications. Always carry your checkbook, credit cards and cash on you during your move, along with your eye glasses and any hearing devices. You should also pack an overnight bag with at least 2 days worth of clothing, cosmetics, dental care and personal care items you will need on move day.

**For your *FREE* in-home estimate, call  
410-828-7700 ext. 1271  
or e-mail  
[mmservices@abilitiesnetwork.org](mailto:mmservices@abilitiesnetwork.org).**