

Downsizing When Memory Is Changing

4 gentle ways to keep what feels like home.



1 Begin with what feels familiar

Start with treasured photographs, a favorite chair, or a familiar blanket. Ask which belongings bring comfort.



2 Sort a little at a time

Focus on one drawer or shelf at a time. Offer simple choices, take breaks, and allow plenty of time for decisions.



3 Plan the new room together

Check room measurements and furniture guidelines. Keep everyday items within reach and walkways clear.



4 Protect routines and memories

Use photos to recreate familiar spaces. Keep cherished items nearby and preserve favorite routines.

A GENTLE REMINDER

**It's not about keeping everything.
It's about keeping what matters most.**



Our Familiar Things Checklist



Meaningful belongings

Favorite chair, family photographs, and treasured keepsakes



Daily Comfort

Comfortable bedding, a favorite blanket, or a familiar pillow



Everyday essentials

Familiar clock, reading light, glasses, hearing aids, and chargers



Room preparation

Favorite chair, family photographs, and treasured keepsakes



Keeping routines

Daily habits and comfort preferences shared with the care team



A simple moving plan

Family contact chosen, essentials bag packed, and arrival confirmed