



The Organizing Authority®

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NAPO Offers Tips to Help Families Downsize

MT. LAUREL, N.J. — With home values falling and retirement funds shrinking, many people are opting for smaller living quarters. But downsizing a lifetime of possessions — particularly for senior citizens — can be challenging.

The National Association of Professional Organizers understands the stress involved in moving to a smaller home or retirement community. In honor of Older Americans Month in May, NAPO is providing tips and information for loved ones who are helping their aging parents through the process.

“Don’t think of downsizing as getting rid of prized possessions,” NAPO President Standolyn Robertson said. “Instead, see it as a process that is necessary to enjoy a simpler, less complicated life.”

Because downsizing can be a large undertaking requiring significant time and resources, Robertson says hiring a professional organizer to assist with relocation or downsizing is a good first step to surrounding yourself with the possessions that you need and love.

An organizer can help clients find new homes for belongings that no longer suit their lifestyle.

When moving or downsizing, a professional organizer helps families cherish the memories associated with special items and provides guidance in helping clients find new homes for items that can be passed on to loved ones.

Some tips for downsizing:

- Obtain a room layout of the new place to determine how much space is available and how much can be moved.
- Begin with small sorting, organizing and purging tasks before working up to larger undertakings.

- Instead of simply donating items, give beloved possessions to friends and family.
- If individuals have difficulty parting with certain objects, suggest taking a photo of these items to put into an album or scrapbook.
- If parents still have children's possessions in the attic or basement, set a deadline for these items to be picked up.

How to hire a professional organizer

If your parents are getting ready to move or just want to make their home safer and more livable, they might want to consider hiring an expert. This will help ensure the process is completed on time and neutralize what can be an extremely emotional and overwhelming time.

A professional organizer enhances the lives of clients by designing systems and processes using organizing principles and through transferring organizing skills. Professional organizers help individuals take control of their surroundings, their time, their paper and their systems for life.

To locate one of NAPO's professional organizers in your area, you can use NAPO's Professional Organizer Directory, searchable by zip code and organizing specialty at www.napo.net.

When looking for a professional organizer, it is important to choose someone who specializes in downsizing and is a good match for your loved one's interests.

About NAPO

The premier national association dedicated to the field of organizing, the National Association of Professional Organizers (NAPO) is The Organizing Authority®. Formed in 1985 as a nonprofit professional, educational association, NAPO is dedicated to serving its members through education, networking, industry resources, and promoting the profession to the public. NAPO's mission is to develop, lead, and promote professional organizers and the organizing industry. For more information, visit www.napo.net.

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