

Boxed or Unboxed:

Downsizing, Reorganizing, Simplifying, Moving



- How to start
- Downsizing
- Prioritizing
- Develop a move plan
- Take control
- Letting go
- Rightsizing

How often do we hear “more is better” and “bigger is better?” That’s very much a part of our culture, our way of life. But there comes a time when enough is enough. It could be a sense of there’s too much clutter, a need to put things in their place or make life simpler. Or maybe it’s time to move to a new, smaller living space. But where do you start . . . and how? Learn from a professional move manager the issues involved, the pitfalls and successful techniques that will make any downsizing or moving experience more satisfying.

April 21, 2021
6:30 p.m.

Online: <https://bit.ly/3b4dZ3y>
By phone: 253-215-8782 or 888-788-0099
Webinar ID: 917 3056 9642

*A free information-only event hosted
online and by telephone by*
Pierce County
Aging & Disability Resource Center

For additional information call
253-798-4600 or 1-800-562-0332



Workshop explores issues of downsizing, organizing and simplifying

Nearly half of Americans consider their homes cluttered with items they no longer use, and one in seven have a room in their home filled with unused items. While most could use extra space, 41 percent of Americans report they have not decluttered their homes in over one year.

“Boxed or Unboxed,” is an online workshop exploring how older adults and younger families can approach downsizing, reorganizing and simplifying their home. Whether living in a traditional single-family home, an apartment or shared living space, it can be helpful to know what path works best to accomplish your goals.

This workshop will examine issues related to downsizing, including what to keep, how to deal with items attached to memories and when to get started. Advanced registration is required, and participants can sign up using the link below:

- **Wednesday, April 21, 2021 at 6:30 p.m.**
Register online: <https://bit.ly/3b4dZ3y>
Join by Phone: 253-215-8782 or 888-788-0099
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Statistics tell a dramatic story. The average size of the American home has nearly tripled over the past 50 years, with each storing an average of 300,000 items. One in ten Americans rent offsite storage, making it the fastest growing segment of the commercial real estate industry over the past four decades.

“Downsizing has many meanings,” said Aaron Van Valkenburg, Pierce County Aging and Disability Resources manager. “For some it’s just emptying the house of accumulated things. For others it’s a matter of reorganizing, putting things in their place. And for others, there is a desire for a simpler lifestyle. Ultimately the end goal is to have a comfortable and safe environment where we can unwind and feel relaxed.”

Tina Baril, certified Senior Move Manager and owner of Monarch Transitions, LLC., will be presenting this informational workshop. For more information about the presentation, call the Pierce County [Aging and Disability Resource Center \(ADRC\)](#) at 253-798-4600 or 1-800-562-0332.

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