

Moving or downsizing?



Hire an organizer to handle the details

By Lisa Haubenstein

The benefits of hiring a professional organizer go way beyond organizing kitchens and closets. As our population ages, living alone can become challenging and sometimes unsafe. Assisted living is frequently the answer to this challenge, but how do you start the process of giving away or donating a lifetime of belongings? How can this transition be stress free and smooth?

Enter your personal organizer and coach. The National Association of Productivity & Organizing professionals (NAPO) is a network that provides resources for a client when it comes to organizing, and downsizing.

Start by decluttering and reorganizing items that will no longer be needed or used. After living in a home for 30 or more years, it's normal that there will be a fair amount of accumulation of items. If you're downsizing from a home to a one bedroom for example, many of these items will not have a place to be stored. These items can be donated to charity or repurposed with the help of your organizer.

After the purging is complete, you are in control of deciding which items are meaningful and important to you. Keep your favorite set of dishes, glasses or couch. The same rules apply for clothing. Donate what no longer fits, what's out of style, or what you no longer like or need. Usually, assisted living facilities will furnish dimensions and layouts of each room, and an organizer can help you to figure out

and decide what furniture will work in a given space.

Coordinating your move is an organizer's job to make the transition smooth and easy. Hiring a mover, packing and unpacking your belongings and organizing everything in your new space makes the transition easier and stress free for you. **P**

Lisa Haubenstein is a professional organizer and owner of LisaTheOrganizer, LLC. serving Broward, Miami-Dade, and Palm Beach counties. She is a member of NAPO, and serves on the board of the South Florida chapter. She holds certificates in household management and residential organizing.