

The 70% Rule

A Smarter Way to Decide What to Bring

Most people only need about 70% of what they plan to bring when moving into a Senior Community.

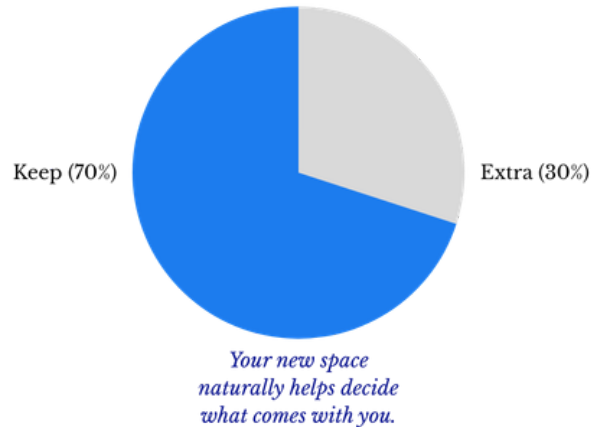
When you move, your new space naturally decides what comes with you.

Apartments are designed differently than full homes. There's less space—but more intention behind how that space is used.

The goal isn't to bring everything.
It's to bring what actually supports your daily life.

The 70% Rule

Most people only need about 70% of what they plan to bring.



HOW TO FIND YOUR 70%

The First Night Test

If you wouldn't use it your first night, it's probably not a priority.

Ask yourself:

- Would I need this right away?
- Does this help me feel comfortable?
- Would I notice if it wasn't there?

The Hidden Clutter Truth

The hardest part of downsizing isn't the furniture—it's what's inside and on top of it.

- Drawers, closets, cabinets, and "just in case" items are where most of the extra 30% lives.

That's where decisions matter most.

A SIMPLE SHIFT

Most people already live out of a small portion of what they own.

Instead of asking:

"What do I have to get rid of?"

Try asking:

"What do I actually use and enjoy every day?"

WHAT HAPPENS WHEN YOU GET IT RIGHT

When you bring the right 70%:

Your space feels open and easy to move in

Everything has a place

You're not surrounded by boxes

You can start enjoying your new home right

away

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We help Seniors Downsize, Move, and Fully Settle into their new home—
so they can feel comfortable from day one.

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Finding Your 70% — Room by Room

You don't have to decide everything at once. Start with one space and use these simple guidelines.

BEDROOM

Focus on what supports your daily routine:

- Bed you love and sleep comfortably in
- 1–2 nightstands (not extras)
- A dresser or storage that fits your new space
- The clothes you wear most often (start with what you wear weekly)

Consider letting go of:

- Extra seating that isn't used regularly
- Duplicate furniture (multiple dressers, benches, etc.)
- Clothing you haven't worn in the past year
- Items stored in drawers "just in case"

KITCHEN

Focus on what you actually use:

- 2 place settings per person
- Everyday dishes, cups, and utensils
- A few favorite cookware items
- Small appliances you use weekly

Consider letting go of:

- Full dish sets for large gatherings
- Duplicate utensils and gadgets
- Specialty appliances rarely used
- Extra storage containers and mismatched lids

CLOSET & STORAGE

Focus on:

- Clothing that fits and feels good now
- Seasonal favorites
- A few "dress up" options
- Shoes you actually wear

Consider letting go of:

- "Someday" clothing
- Duplicates of similar items
- Shoes that are uncomfortable or rarely worn
- Overflow from drawers, bins, and storage areas

LIVING SPACE

Focus on:

- A comfortable place to sit
- A functional end table
- A few meaningful décor items
- Lighting that makes the space feel warm

Consider letting go of:

- Extra furniture that crowds the room
- Décor that doesn't fit the new space
- Items that don't serve a purpose
- "Fillers" that take up space but add no function

You Don't Need Everything—Just the Right Things

Most people feel more comfortable in their new space when they bring less than they expected.

The goal isn't to fit everything in...

It's to create a space that feels calm, functional, and easy to live in.

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