

## The Truth about Downsizing - Part 2: Simplifying the Moving Process



With Nikki Buckelew & Becky Seda

### COMMON MYTHS & TRUTHS

**MYTH #1:** Moving is moving - all moves are the same.

**TRUTH:** Later life moves can be more complex and/or emotional. Our stamina, recovery period, and physical strength may have changed over time.

**MYTH #2:** I did it before, I can do it again.

**TRUTH:** As we reach later ages and stages, we often need more support - not less.

**MYTH 3:** The moving process happens all at once.

**TRUTH:** Moving from a longtime household often takes place over several years.

**MYTH #4:** My family members and friends are the best people to help me with my move.

**TRUTH:** While family and friends often mean well and may be willing to help if asked, they're not always the best suited for move-related tasks.

**MYTH #5:** Everything will go just as planned

**TRUTH:** Even the best of plans will probably require adaptation.

**ACTION STEPS** I WILL TAKE BASED ON TODAY'S TOPIC:

1

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2

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3

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**NOTES**