NOTES ON DECLUTTERING AND DOWNSIZING:

GETTING PRACTICAL

WHERE TO BEGIN

- See decluttering as a process….. maybe a journey but not an epic journey!
- We should start at age 65 no matter our health and keep on cleaning up our lives as we age according to Margareta Magnusson.
- It is not a simple task.
- You might start by doing a walk through of your home and getting rid of everything you don't like; just because someone gave it to you doesn't mean you have to keep it

ACCEPT THAT IT IS 'STUFF'…… NOT JUST TREASURE!

- No one else wants your stuff.
- You probably won't be able to sell it or not for much; there is a glut of china, silver etc.
- Remember your kids don't want it …except possibly teak furniture which is valued in today's market.
- We have curated our homes with things we love with memories attached. Others don't necessarily share our taste or memories.
- Have emblazoned on a t- shirt these words to live by, - **If you love someone, set them free from your stuff!**

STUMBLING BLOCKS & MISCELLANEOUS THOUGHTS

- This task isn't easy and can be tiring.
- Never start with photographs because you will never get beyond them.
- Apply the one-year rule: if you haven't used it or worn it in the last year you are unlikely to use/wear it in the next year.

BOOKS AND WEBSITES TO MOTIVATE

- ***The Life- Changing Magic of Tidying Up: The Japanese Art of Decluttering & Organizing*** by Marie Kondo. (Potter TenSpeed, 2014).
- ***The Gentle Art of Swedish Death Cleaning: How to Free Yourself & Your Family from a Lifetime of Clutter*** by Margareta Magnusson. (Simon and Schuster, 2017).
- ***Age in Place: A Guide to Modifying, Organizing and Decluttering Mom & Dad's Home*** by Lynda G. Shrager. (Bull Publishing, 2018).
- ***They Left Us Everything*** by Plum Johnson. (Penguin Random House, 2016).
- ***Living the Simple Life*** by Elaine St James. (Hachette Books, 1998).
- ***It's All Too Much*** by Peter Walsh. (Simon and Schuster, 2006).
- *Fly Lady.net*
- *Apartment Therapy.com*
- *Unclutter.com*

WHAT TO DO WITH STUFF

CLOTHING & OTHER DONATIONS

- **New Circles** Clean gently-worn clothing 161 Bartley Drive North York 416-422-259
- **Yonge Street Mission Doubletake Store** No furniture- 310 Gerrard Street 416-925-7198
- **Value Village** Various location throughout the city
- **The Scott Mission** 502 Spadina Avenue 416-923-3916
- **Dress for Success** 5150 Yonge Street 416-901-6022
- **Salvation Army Thrift Store** 1447 Queen Street West 416-536-3361; 665 St Clair Avenue West. 416-651-2825
- **Diabetes Canada** Arrange for a home pick-up 1-800—505-5525
- **reBoot Canada** Refurbishes computers- 550 Bayview Ave 416-534-6017, ext.2
- **Society of Saint Vincent de Paul** 60 Newcastle Street 416-503-2472
- **Community Environment Days** next- April 2019 City of Toronto

BOOKS

Note: don't go to the book sales and buy more books!

- Your branch of the Toronto Public Library will accept donations of books.
- Trinity College Annual Book Sale 416-978-6750. See website.
- Victoria College Book Sale 416-585-4585 See website.
- Christian Salvage Mission: 905-387-8954

OTHER ITEMS

- Toronto Tool Library: used hand and electric tools- Conact@irbe.org
- Furniture Bank Charge for picking up- 416-934-1229.
- 1-800-GOT-JUNK (1-800-468-5865) Call for an estimate.
- Photos are tough but there are people who will help you organize and store or digitize- Memory Momentum; Snap Shot Solutions; Family Photo Fix- Nancy Nickels at 416-559-4584
- Consignment Stores e.g. *Singing Lady* 781 Queensway 416-234-9330
- Your documents- many services for organizing or helping you digitize on apps such as DropBox or GoogleDrive.
- For shredding: Staples or places like Shredex.ca- 416-255-1500, 377 Evans Avenue.
- Red Coat Moving Helps with downsizing, decluttering, clearout, moving support. 416-920-1317.