



Downsizing & Moving Guide

BHI Senior Living Guide Book

APPROACH YOUR NEXT CHAPTER AT BHI SENIOR LIVING

Moving to a BHI Senior Living community is an exciting step—one that offers peace of mind, new connections, and the opportunity to focus more fully on living well. Downsizing and moving can feel overwhelming, but with thoughtful planning and the right support, the transition can be smooth, meaningful, and even empowering.

This guide is designed to help you and your family navigate the process with confidence.

WHY DOWNSIZING MATTERS

Downsizing isn't about giving things up—it's about making room for what matters most. Many residents find that simplifying their home allows them to:

- Reduce home maintenance and upkeep responsibilities
- Create a safer, more manageable living environment
- Focus on experiences, relationships, and well-being
- Transition proactively, rather than reactively.

GETTING STARTED: DOWNSIZING WITH PURPOSE

Start Early

Begin the downsizing process several months before your move, if possible. Starting early allows you to make thoughtful decisions without feeling rushed.

Take It One Space at a Time

Rather than tackling everything at once, focus on one room—or even one drawer—at a time.

Use the “Keep, Share, Donate, Let Go” Method

As you move through the community, ask:

- **Keep:** Items you use regularly or truly love
- **Share:** Treasured pieces to gift to family or friends
- **Donate:** Items in good condition that could benefit others
- **Let Go:** Items that no longer serve your lifestyle

Measure Your New Space

Rather than tackling everything at once, focus on one room—or even one drawer—at a time.

TIPS FOR MOVING

1. Before the Move

- Tour the community again, if possible, to become familiar with your new surroundings
- Meet members of the care team or a resident ambassador
- Complete required medical paperwork and assessments
- Review and sign the residency agreement
- Set up auto-payment for billing, if desired
- Confirm move-in dates and timelines with the community

2. Packing Tips

- Label everything clearly—especially clothing, electronics, and fragile items
- Avoid clutter where possible; bring items that fit comfortably in your new space
- Pack meaningful memory and comfort items (photos, keepsakes, favorite décor)
- Keep a “first-day” box with essentials such as medications, toiletries, and important documents
- Coordinate arrival time and move-in logistics with the community

3. First Week Focus

- Participate in any orientation or welcome programs offered
- Aim to attend one to two activities per day to become familiar with the community and meet new neighbors
- Give yourself grace—adjustment takes time, and that’s okay

TIPS FOR FAMILIES AND LOVED ONES

- Stay connected through visits, phone calls, cards, and video chats
- Encourage participation without pressure—everyone adjusts at their own pace
- Be patient during the transition; emotions can fluctuate during periods of change
- Communicate regularly with the community team if questions or concerns arise

Helpful Extras to Consider

Professional Move Managers

- Some families choose to work with senior move managers who specialize in downsizing and transitions.

Technology Support

- Ask about help setting up phones, tablets, or TVs in your new residence.

Community Resources

- Many BHI communities offer resident ambassadors, welcome committees, and personalized support to help you feel at home.

A NEW BEGINNING

Moving to a BHI Senior Living community is more than a change of address—it’s a new beginning filled with opportunity, connection, and peace of mind. Our teams are here to support you every step of the way.

If you have questions or would like additional resources, please reach out to your community’s sales or life enrichment team. We’re honored to be part of your journey.