

Organizing & Downsizing



Ali Brief
Professional Organizer
&
Moving Specialist



Ali Brief Organizing LLC



Organize

Home

Office

Retail

Bookkeeping

Moving Specialties

Coordinate, Educate, Oversee

Declutter, Downsize, Pack & Unpack

Prepare for Realtor, Stager & Moving Estimates

Photo Inventory

Set-up of new Home & Office



Organizing & Downsizing

Less Mess
Less Stress

Messy Bed Messy Head



“”It's not just in your head: Extra stuff is stressful””

“If the constant stream of things to pick up around your home leaves you feeling anxious, you're not alone.

“Objects have the power to do just that.”

“Women who used more words describing clutter and disorganization also tended to show levels of the stress hormone cortisol, suggesting chronic stress. ”

“A cluttered environment can make your brain less effective at processing information and more prone to frustration.”

Toddler Experiment: 4 toys played longer than 16 toys. Going from toy to toy unable to focus. It means lost opportunities to develop longer attention spans during free play that can translate to better focus and attention later in life as well.

Organizing & Downsizing

WHY?

1. Moving
2. Right-sizing
3. Reduce Stress
4. Decluttering
5. Self-care

Create space, time, energy and clarity to improve your health, happiness and overall well-being

MOVING

Select Realtor

Set a date, create a deadline

Declutter

Downsize

Measure furniture

Estate Sale

Sentiment goes deep!!

Knowing a piece of furniture won't fit makes us have one less decision to make

Why Turn to an SRES®?

"I'm your SRES®"

Clara Jeffreys Brooks

Realtor®, SRES®
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You're thinking about selling your home. Maybe you're retiring, downsizing or a major life event has made you consider a move. A Seniors Real Estate Specialist® (SRES®) has unique training and experience in helping home buyers and sellers in your situation.

Why ask a Seniors Real Estate Specialist® to assist you?



An SRES® understands that the decision to sell can be difficult.

Selling a home can be an emotional time, potentially involving other life decisions. An SRES® understands the issues facing older adults. By taking a no-pressure approach, they can help you navigate your choices and may be able to suggest alternatives that help you stay in your home.



An SRES® can draw upon a network of other professionals focused on 50+ clients.

They've already identified other helpful experts, including tax counselors, financial advisers and estate planners who can help you understand the financial consequences of selling your home; interior staging specialists and trade contractors to get your home prepared for showings; estate sale organizers, senior moving specialists and transitional coaches to deal with post-sale issues.



An SRES® can patiently support you through each step.

Your SRES® will take the time needed to make you feel comfortable with the complex selling process. Your specialist understands the demands a sale can make on you, and works hard to minimize them. They will tailor the marketing process to your specific needs, and be there when you need them.



An SRES® also has ties throughout the 50+ community.

They're familiar with active adult and community service organizations in your area. Your SRES® can provide referrals to a variety of resources at the local, state and national level, and on the Internet. They're knowledgeable about local senior housing options, and can refer you to another SRES® if you're planning to move outside the area.



An SRES® will stick with you throughout the entire process.

Your SRES® is interested in looking out for your best interests through all aspects of your transition, not just the sale of your home. They've invested time in becoming an SRES® because they enjoy working with clients in your situation and helping others.

You can count on an SRES® to guide you through the process of selling your home, making the transaction less stressful and more successful.

The Seniors Real Estate Specialist® (SRES®) designation is awarded by the SRES® Council, a subsidiary of the National Association of REALTORS® (NAR).

To learn more about SRES® and access various consumer resources, please visit www.seniorsresource.realtor.



SRES

1. Select a real estate agent.

Choose one that has their SRES

What is a SRES

SENIOR REAL ESTATE SPECIALIST

4 Reasons to Work with an Exclusive Seniors Real Estate Specialist*

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You've probably heard the saying, "all real estate is local." It's a truism that refers to the unique qualities of neighborhoods and properties—and the importance of working with a real estate professional who intimately understands a local market.

The same claim can be made for real estate CLIENTS. Everyone who buys or sells property has unique needs. This is especially true for later-in-life real estate transactions, which may include distinct challenges (floor plans that accommodate aging in place, estate planning considerations, special financing requirements, etc.).

If you're a buyer or seller over the age of 50—or are assisting someone who is—there are several reasons to choose a real estate specialist who focuses exclusively on seniors:

1. THEY MADE THE CHOICE

An agent who has earned the Seniors Real Estate Specialist (SRES®) designation, and only works with seniors, made this choice because they enjoy working with mature adults and helping people "of a certain age" navigate life's transitions. Many of them have either made similar transitions themselves, or have helped parents and relatives. There's a reason they chose this focus for their business, and it's all about helping people.

2. THEY'LL OFFER OPTIONS

Newly retired? Empty nester? Widow/widower? Any of these transitions can precipitate a huge change in lifestyle, with many adjustments and decisions—only one of which is where to live. A senior specialist will listen to your concerns and share potential solutions and resources to help make your decisions. By focusing only on seniors, they already understand which properties come closest to meeting your needs—and where to find many other valuable resources.

3. THEY ARE EMPATHETIC

An exclusive senior specialist understands that major life changes are never easy, but they don't shy away from the difficult topics or the difficult emotions that often accompany these decisions. They know your priorities change when your life changes. They'll help you find solutions to make a smoother transition.

4. THEY ARE ENGAGED

These agents don't just talk about senior issues, they get involved, whether it's volunteering or developing relationships with senior-centric agencies and individuals. They're able to help seniors throughout their community—not just their clients. (And they'll remain a resource long after your business relationship is over.) Helping people is their passion!

You can count on an SRES® to guide you through the process of buying or selling your home, making the transaction less stressful and more successful.

WHY USE AN AGENT WITH THEIR SRES?

1. They Made the Choice
2. They'll Offer Options
3. They are Empathetic
4. They are Engaged

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WHY?

Right-sizing

Reduce Stress

Decluttering

Self-care

Create space, time, energy and clarity to improve your health, happiness and overall well-being

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WHY?

Fishing through things to get to what we use

Are there things out on surfaces that we rarely use and could be tucked away nicely.

Why do we have clutter?

No time

Don't care

Anxious, stressed, depressed

Physical restrictions

Planning

Writing down your plans reduces stress.

Visualize

Create a list

Keep somewhere you can access easily

Check off as you go or add things that need to be done

Methods of Organizing

Trash Bag Method

One Year Method

Marie Kondo Method
Spark Joy

No Mess Method
(Slob Comes Clean)

Sort Method

“Trash Bag Therapy”

Expired food

Empty shampoo bottles

Old make-up

Hidden junk clutter

You can make a major stride in organizing by tackling the easy messes first.

“SORT METHOD”

Create Piles

KEEP

DONATE

REPURPOSE

TRASH

SELL

TIPS

Start small

Split larger tasks into a few small tasks

Bedroom:

Dresser & Tabletops

Drawers

Closet – hanging, top, & bottom

Clear Bags for Donates

Objects are not our Identity

Would you buy it again?

TIPS

Give yourself 15 to 30 minutes each day

Remember: clutter is a thief

Giving & receiving

Keep a donate box in the closet

In one – Out one

GET CREATIVE, HAVE SOME FUN,
&
REWARD YOUR ACCOMPLISHMENTS!!!



Ali Brief

Professional Organizer

&

Moving Specialist



Contact me for you
Organizing, Downsizing, & Moving Needs

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RESOURCES

Senior Lifestyle - “Downsizing Checklist for Caregivers and Parents” <https://www.seniorlifestyle.com/resources/blog/downsizing-checklist-for-caregivers-and-parents/>

Mayo Clinic – “How decluttering your space could make you healthier and happier”

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/how-decluttering-your-space-could-make-you-healthier-and-happier/art-20390064>

Clutterbug – A little organizing and downsizing humor. https://www.youtube.com/channel/UC_I dgDzMaFzAEHEnljSIWoA

Marie Kondo – “Spark Joy” “The Life Changing Magic of Tidying Up” <https://konmari.com> <https://shop.konmari.com/collections/books/>

Very Well Mind - “The Relationship Between Mental Health and Cleaning” <https://www.verywellmind.com/how-mental-health-and-cleaning-are-connected-5097496>

thezeroed.com (The Zero ed – “21 Ways Decluttering Can Change Your Life “ - <https://thezeroed.com/decluttering-can-change-your-life/>

The Container Store – “Our Top 12 Organization Tips” - <https://www.containerstore.com/organization-projects/general/tip/top-12-organization-tips>

LifeHack.com - How to Organize Your Life: 10 Habits of Really Organized People”

<https://www.lifehack.org/articles/productivity/how-organize-your-life-10-habits-really-organized-people.html>

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