



WHAT DO YOU DO WITH ALL OF THE STUFF WHEN YOU LOSE A LOVED ONE?

Consider the timing of making decisions about your loved one's items

- Is there a pressing need to make decisions about the loved one's possessions?
- Do you need emotional support to make the decisions?
- Is an estate appraisal required?

Identify items that hold no emotional weight

- Separate these items from the items that have more weight
- If possible, dispose of these items by donating, giving away or throwing away
- Offer these items to family and friends who may want a memento

Pick out items that have special or emotional significance

- Ask a friend or family member to help you sort your loved one's possessions
- When making decisions about these items, do it in short sessions to avoid overwhelm
- Keep a box of tissues nearby, you may come across items that make you emotional

Identify items that have no special or emotional significance that you want to sell

- Contact either an auction house or local dealer in your community
- If you have the ability, sell the items yourself on EBay or Chairish
- Ask a young person to manage the sale for part of the profit

Reach out for help if you feel overwhelmed by all of the decisions making required

- Join a grief support group
- Ask a non-judgmental friend or family member to support you
- Hire a team of professionals to help you manage the process

RESOURCES

Junkluggers – Ranked not only the best junk removal service also recognized for both environmental practices and charity partnerships by multiple independent sources.

MaxSold – Makes the process of selling a large volume of contents approachable and quick – connecting sellers with an extensive network of engaged and interested buyers.

Organize Me Inc. – We understand the grief and difficulties that come with the loss of a loved one. Although the financial and legal tasks may be stressful, sorting through and clearing a loved one's possessions is often the most difficult task. We can help.



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