



## Decluttering Webinar Resources

### Decluttering

- **Downsizing? Ditch These Items**  
<https://www.aarp.org/money/budgeting-saving/info-2015/downsizing-items-to-ditch-photo.html#slide1>
- **Downsizing the Family Home: What to Save, What to Let Go**  
[www.aarp.org/downsizing](http://www.aarp.org/downsizing)
- **Downsizing the Family Home Workbook – AARP Free Excerpt This is a PDF**  
<https://learn.aarp.org/downsizing>
- **FTC Stopping Unsolicited Mail, Email and Phone Calls** <https://www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email#:~:text=To%20opt%20out%20for%20five,at%20www.optoutprescreen.com.>
- **5 Easy Steps to Get Rid of Absolutely Anything**  
<https://www.aarp.org/home-family/your-home/info-2014/declutter-sell-items-online.html?intcmp=AE-HF-RELBOX>
- **15 Things to Throw Out Right Away**  
<https://www.aarp.org/home-family/your-home/info-2021/things-to-throw-away.html>
- **Yard Sale 2.0: Smart Ways to Get Rid of Stuff**  
<https://www.aarp.org/home-family/your-home/info-2018/donate-sell-get-rid-of-stuff.html>
- **How Clutter is Costing You Money, Space and Time**  
<https://www.aarp.org/money/budgeting-saving/info-2018/clutter-cost-fd.html>
- **How to Organize Your Closet**  
<https://www.aarp.org/entertainment/style-trends/info-2018/closet-organizer-tips.html>

### Where to Donate

**Bridging.org** NOTE: This site is a fabulous resource. It lists other places that take things they don't take. This is a good place to start. <https://bridging.org/wp-content/uploads/2023/09/BridgingDonorResourceListRevSept23.pdf>  
Main phone 952-888-1105

- **Buy Nothing: Buy Less. Share More**  
<https://buynothingproject.org/>
- **Habitat for Humanity ReStore** Phone:(612) 588-3820  
<https://www.habitat.org/contact>
- **Support Our Troops – American's Military Charity** Phone 877-879-8882  
<https://supportourtroops.org/war-relics>
- **Tech for Troops** Phone: (804)-521-7979 (Computers, phones, etc.)  
<https://techfortroops.org/>
- **The National World War II Museum** Phone: 504-528-1944  
<https://www.nationalww2museum.org/artifact-donation-faq>

## Understanding the Value of Your Donations

- **How Much Is Your Stuff Worth?** <https://www.consumerreports.org/cro/magazine/2012/10/how-much-is-your-stuff-worth/index.htm>
- **How to Make Money Selling Your Stuff Online**  
<https://www.moneymanagement.org/credit-counseling/resources/how-to-make-money-selling-your-stuff-online>
- **5 Reasons Collectibles Sell for Big Money**  
<https://www.aarp.org/money/investing/info-2017/big-money-collectibles-photo.html>

## Financial Records

- **Organizing Your Loved One's Financial Records**  
[www.aarp.org/caregiving/financial-legal/info-2018/organize-financial-records.html](http://www.aarp.org/caregiving/financial-legal/info-2018/organize-financial-records.html)
- **An Organized Financial Life is a Gift to Yourself and Your Loved Ones**  
<https://www.aarp.org/money/investing/info-2016/organize-personal-finances.html>
- **How Long Do You Have to Keep Tax Records?**  
<https://www.aarp.org/money/taxes/info-2020/how-long-to-keep-records.html?intcmp=AE-HP-BB-LL2>
- **Replacing Important Documents**  
<https://www.aarp.org/caregiving/financial-legal/info-2018/replacing-important-documents.html>

## Caregiving Related

- **AARP Oregon Blog**  
<https://states.aarp.org/oregon/is-decluttering-part-of-the-caregiving-journey>
- **AARP Resources for Caregivers and their Families**  
<https://www.aarp.org/caregiving/>
- **How to Plan for a Manageable Move**  
[www.aarp.org/caregiving/home-care/info-2017/moving-plan.html](http://www.aarp.org/caregiving/home-care/info-2017/moving-plan.html)

## Hoarding

- **How to Tell if You Have a Real Hoarding Problem** <https://www.aarp.org/home-family/your-home/info-2014/compulsive-hoarding-pack-rat.html?intcmp=AE-HF-RELBOX>
- **Relocating Someone Who Hoards**  
<https://www.aarp.org/caregiving/home-care/info-2018/moving-hoarder.html>

## Professional Resources Note: AARP does not endorse any of these, this is for information purposes only.

- **National Association of Productivity & Organizing Professionals**  
[www.napo.net](http://www.napo.net)
- **NAPO A Hiring Guide: How to Work with a Professional Organizer or Productivity Consultant**  
[https://cdn.ymaws.com/www.napo.net/resource/resmgr/guides/how\\_to\\_hire\\_guide\\_final.pdf](https://cdn.ymaws.com/www.napo.net/resource/resmgr/guides/how_to_hire_guide_final.pdf)
- **NAPO: Find a Professional Organizer or Productivity Consultant**  
<https://www.napo.net/page/howtohire>
- **NAPO: Frequently Asked Questions about Working with a Professional**  
[https://www.napo.net/page/about\\_faqs?&hsearchterms=%22frequently+and+asked+and+questions%22](https://www.napo.net/page/about_faqs?&hsearchterms=%22frequently+and+asked+and+questions%22)