

Decluttering with Compassion: A Guide to Senior Downsizing Featuring Tracy McCubbin

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By Candace Dellacona

In this episode of the Sandwich Generation Survival Guide, host Candace Dellacona interviews Tracy McCubbin, founder of dClutterfly®, who shares her expertise on managing personal belongings and downsizing for aging family members. With 17 years of experience, Tracy emphasizes the importance of framing decluttering conversations around aging goals, such as aging in place or moving to a smaller home, rather than criticizing the amount of stuff. She highlights the benefits of starting these discussions early, getting professional valuations for items, and respecting the emotional connections people have to their belongings. Tracy's compassionate approach helps families navigate the challenges of downsizing while supporting their loved ones' aging objectives.

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