

HOW TO TAKE THE HEADACHE OUT

OF DECIDING TO RIGHTSIZE

Weigh up the pros and cons of staying put



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Every person's journey is different, so it's important to weigh up the pros and cons of rightsizing to decide whether it's the right time and the right move for you.

Finances

CON: Rightsizing usually involves selling the family home which you and your family may have an attachment to.

PRO: The potential financial rewards extend beyond the capital gains on your home. As well as any profit you make from the sale, a smaller, new and more modern home will cost less to run, with savings to be made on utility bills, insurance, council rates and ongoing maintenance. Everything else being equal, it means that the main financial dilemma you'll face after rightsizing is what to do with all the extra money you have!

Wellbeing

CON: The burden of a big house and garden can weigh you down.

PRO: Without the ongoing stress of living with the demands of a big house and garden, those who rightsize will often feel an immediate improvement in their health, wellbeing and happiness. Rightsizing is designed to give you more time to do the things you love. It also frees up time to take on new hobbies or rediscover old ones; socialise with friends and family; become more involved in your community; or simply go exploring – all contributing to an improvement in mental health and your wellbeing.



Simplicity

CON: One undeniable fact about rightsizing is that it almost always involves discarding some household possessions.

PRO: Instead of viewing this as a loss, this can actually be a gain – both financially and emotionally. With the advent of online marketplaces such as eBay and Gumtree, rightsizing offers the chance to make some extra cash from selling unwanted furniture, households goods, garden equipment, even clothes. There is also the personal satisfaction that can be gained from donating unwanted items to charity or giving heirlooms to family members. Finally, many rightsizers, once they make a start, find the whole de-cluttering process to be quite therapeutic, with the sense of liberty, rejuvenation and renewal that comes with saying farewell to the old lifestyle and welcoming in a new one.

A new location?

CON: Moving to a new neighbourhood comes with stresses and benefits – it all comes down to finding a location that suits your interests and needs.

PRO: To some, a new location is all part of the adventure; to others it's tricky, but local governments and seniors organisations are always happy to help new residents settle in and orient themselves to their new community. In lifestyle estates, the community managers or social committees are often a rich source of information and can connect you to information, care and advice. If you're staying local, you generally should have minimal issues with finding new services and facilities.

Wherever you choose to live, many communities have the added benefit of increased security, delivering you greater peace-of-mind, and an on-site community events program to keep you active, involved and social. These benefits to wellbeing and happiness are most important of all.



Need help to rightsize?

Contact Care to Move

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