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Downsizing GUIDE



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Thinking About A ***Change****?*

This decision is rarely just about space. It's about timing, comfort, finances, and making decisions that feel right, not rushed.

For many experienced homeowners and empty nesters, the idea of leaving a longtime home can bring up mixed emotions. Memories are tied to every room, along with practical questions about what comes next. Wanting a simpler lifestyle, less maintenance, or a home that better fits today's needs is both common and reasonable.

Our role is to provide clear, steady guidance through this transition. That may mean exploring whether now is the right time, understanding what options are available, or simply having a thoughtful conversation without pressure.

This guide is designed to help you think through the decision at your own pace, with clarity, respect, and support—when you're ready.

Tania & Tina



How We Can **Help**

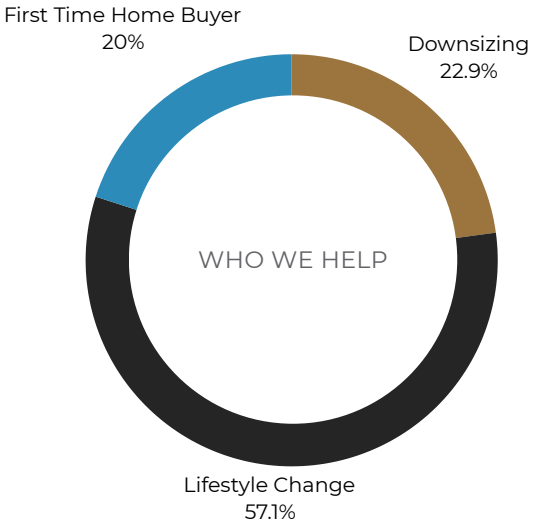


Downsizing often involves more than selling a home. There are timing decisions, financial considerations, family conversations, and logistics that all need to come together smoothly.

Our role is to simplify that process.

We help guide clients through each step with a clear plan, steady communication, and a pace that feels comfortable. From evaluating whether downsizing makes sense, to coordinating the sale of one home and the purchase of the next, we focus on reducing stress and protecting your equity.

Downsizing is a distinct part of the work we do, and one we approach with care, patience, and practical strategy—so you can move forward with confidence.



Roughly one in four clients we work with are navigating a downsizing move.

A Clear Path,
Taken One Step at a Time

Big decisions don't have to be made all at once, and they don't need to feel overwhelming. The steps that follow are designed to help you think through what comes next clearly and at your own pace. You can move through them in order, revisit them over time, or simply use them as a guide for conversation.

THE FIVE STEPS

1. Understanding Your Lifestyle Needs
2. Reviewing Your Financial Picture
3. Timing Your Move
4. Planning the Transition
5. Moving Forward with Confidence

There's no right timeline -
only what feels right for you.



Step 1

Understanding Your Lifestyle Needs

Before thinking about timelines or numbers, it's important to look at how your home fits your life today—and how that may be changing. This step is about reflecting on what feels comfortable and manageable now—and what you may want more (or less) of moving forward.

Ask yourself:

- Does your current home still fit how you live day to day?
- Are there spaces you no longer use, or areas that feel harder to manage than they once did?
- How does the upkeep feel—routine, tiring, or somewhere in between?
- Do stairs, yard work, or home maintenance feel more demanding than before?
- When you picture your next chapter, what feels most important: simplicity, location, comfort, flexibility?

There are no right or wrong answers - only clarity about what matters most to you.



Step 2

Financial and Legacy



Once you've reflected on how you want to live, the next step is understanding how your finances support that vision. This isn't about perfect numbers—it's about clarity, flexibility, and making informed choices before decisions feel urgent.

- Do I have a clear picture of my current housing costs, including maintenance and utilities?
- How might those costs change in a different type of home?
- What monthly expenses feel comfortable moving forward?
- Am I hoping to free up equity for travel, retirement, or family support?
- How does my home fit into my broader financial plan?

Protecting What Matters Most

Simplifying your living space often brings clarity to other important areas—especially financial and legal planning. This stage is a natural time to **review the documents** and decisions that protect you, your family, and the assets you've worked hard to build.

- Will – Confirms your wishes are clear and legally recognized
- Power of Attorney – Allows someone you trust to step in if decisions need to be made
- Beneficiary Designations – Ensures registered accounts and policies are current
- Asset Inventory – Provides clarity on what you own and how it's held

These steps aren't about planning for the worst. They're about making transitions smoother and decisions simpler.

For Families and Trusted Helpers

Downsizing is often a shared experience. Involving family members or trusted helpers early can reduce stress, prevent misunderstandings, and make decisions feel more supported and intentional.

This stage isn't about urgency. It's about clarity—understanding who may be involved in decisions, how support would work if circumstances change, and ensuring the right information is accessible if needed.

Clear communication now helps protect independence and keeps future transitions smoother for everyone.



Helpful Documents to Have In Place

- **Power of Attorney – Allows a trusted person to manage financial matters if needed**
- **Personal Directive / Healthcare Proxy – Outlines healthcare wishes and decision-making authority**
- **Will & Estate Documents – Clarifies intentions and reduces uncertainty**
- **Key Account Information – Banking, insurance, and registered accounts**
- **Property Details – Title, mortgage information, and insurance documents**

Having these pieces organized doesn't mean something is imminent. It simply makes transitions easier, protects independence, and gives families peace of mind.

Step 3

Timing Your Move

Timing is often one of the most important and most misunderstood parts of a move. This step isn't about predicting the "perfect" moment. It's about understanding what flexibility you have and what timing feels realistic for your life.

Some people prefer to plan well ahead, while others move when circumstances naturally create an opening. Both approaches are valid. The key is knowing your options before decisions feel rushed.



Consider:

- How flexible is your ideal timeline?
- Are there upcoming life changes that may influence timing?
- Would moving sooner create relief, or would waiting feel more comfortable?
- How much transition time would feel supportive for you?
- Are there seasonal or personal factors you'd prefer to work around?

There's no single right moment - only the one that fits your life.

Step 4

Planning the Transition



Once timing feels clearer, the next step is thinking through how the transition would actually unfold. This isn't about locking in details — it's about understanding what support, preparation, and pacing would make the process feel manageable.

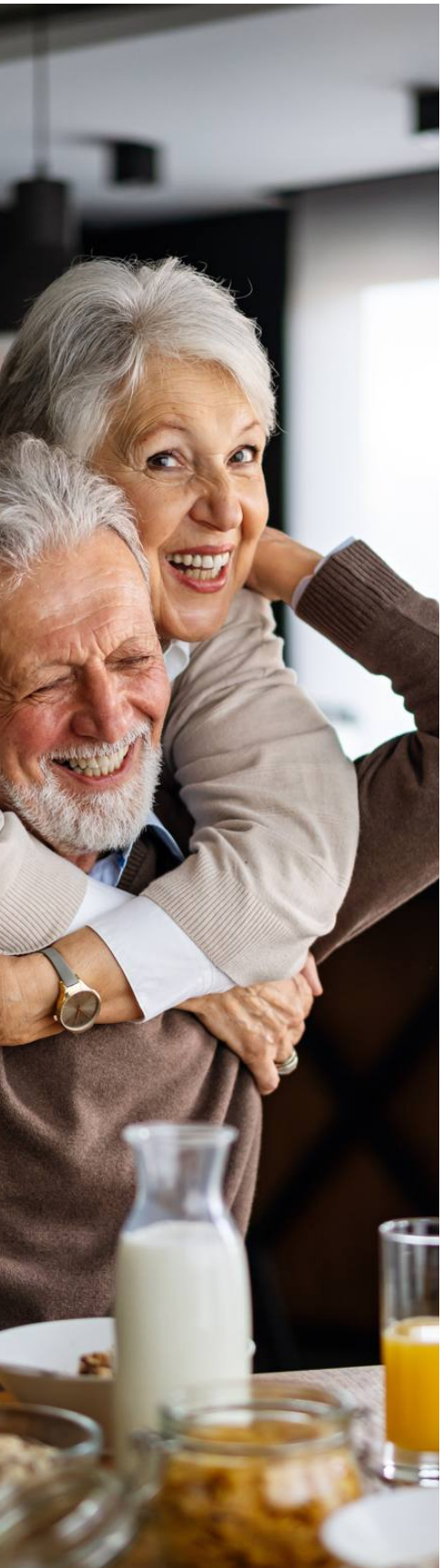
Every move looks different. Some transitions are straightforward, while others involve coordinating multiple pieces over time. Thinking through the process early helps reduce stress and creates space for better decisions.

Ask Yourself:

- Would I prefer to move in stages or all at once?
- What level of support would feel helpful during the transition?
- Are there belongings, responsibilities, or timelines that need extra consideration?
- How much time would I want between selling and settling into a new home?
- What would make this process feel calmer and more organized?

Step 5

Moving Forward With Confidence



Confidence doesn't come from moving quickly. It comes from understanding your priorities, having a clear plan, and knowing you don't have to figure everything out at once.

By taking the time to reflect on lifestyle, finances, timing, and transition planning, you create a foundation that makes future decisions feel lighter and more manageable. Even without immediate action, clarity alone often brings relief.

This step is about trusting the work you've already done. You may choose to move forward soon, take a pause, or revisit these questions over time. All of those choices are valid.

What matters most is that when the next step does come, it feels informed, intentional, and aligned with what matters to you.

Confidence grows when decisions are made thoughtfully - and on your terms.

Benefits of Downsizing

LOWER MONTHLY COSTS

A smaller home often means lower utility bills and fewer ongoing expenses, helping your monthly budget feel more manageable and predictable.

MORE FINANCIAL FLEXIBILITY

With fewer dollars tied up in housing costs, many people find they have more room for travel, savings, family support, or simply greater peace of mind.

LESS UPKEEP, MORE TIME

Smaller spaces typically require less maintenance, cleaning, and repair, freeing up time and energy for the things you actually want to spend it on.



Downsizing isn't about giving something up - it's about making room for what matters most now.

Notes



Let's stay in *touch*

Your goals and needs always come first. Our role is to guide you with clear advice, steady support, and honest answers whenever questions come up. When you are ready for the next step, we are here.

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TANIA King
REAL ESTATE TEAM

CIR REALTY

Passionate about
Empowering
our Clients

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