



Justin Bevins  
justin@bevinsgroup.com  
951-326-0521  
<http://www.BevinsGroup.com>



Prudential

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Realty

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## Consider the Emotional Side of Downsizing your Home

*For those already on the top of their property ladder, they may find that reversing course and heading down is the right decision for them.*



People downsize for a variety of reasons, from the “empty nest” syndrome to convenience or hardship. Here are a few things to consider as you contemplate moving to a smaller home.

“Before any move, focus on how you want to live. People don’t think enough about why they’re moving,” said Mary Jo Zeller, director at Gero Solutions, which manages moves for seniors. “Increasing numbers of downsizers these days want to exchange the worry and expense of maintaining a large property for the luxury of low maintenance and the opportunity for more leisure time.”

Strong emotional ties to the family home are among the main barriers to downsizing. Choosing where to move and the style of property also can be challenging decisions.

During the downsizing process you may be surprised at how attached you have become to your possessions and how difficult it might seem to part with them. A good tip is to start getting rid of your items a few months before your move so donate, recycle, eBay and give away some of those items you really don’t need anymore. This will make the move much easier and your smaller home less cluttered.

Decorators recommend sketching floor plans for your new home to see where all your current furniture will fit. You shouldn’t wait until you move in to discover that there’s just no room for that armoire or extra stools.