

# 5 Steps to help you downsize into retirement living



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# Introduction



This ebook will give you simple strategies to help you downsize from your original family home into retirement living. It can be a daunting task however if you have a plan and are well prepared this can be a smooth process. Assisting more than 500 older South Australians since 2009 I would like to share with you some tips & tricks I have learnt along the way.

*Adrian AJ Colman – Independent Auctioneer*

# Step 1: Decision planning



Downsizing from your original family home can be tricky, sometimes we can accumulate a lot of items, both inside & outside the home.

If you have signed on the dotted line for your new retirement home, it is usually subject to the sale of your home, so efficiency is required.

One of the first decisions you need to make is what will you be taking with you. Moving from an older home into a more modern retirement living unit, will you be dragging your floral couch you bought from David Jones in 1978 or perhaps it's time to purchase furniture more suitable for the smaller spaces and enjoy the full benefit your new modern lifestyle has to offer.

Engaging a removalist as soon as possible is a good idea and they can measure your furniture to see if it will actually fit in your new unit (Space can be deceiving sometimes)

## EXAMPLE

10 day plan for a typical 3 bedroom home:

### **Monday to Thursday:**

Shed/Yard

**Friday:** Bedroom 2

**Sat/Sun:** Kitchen

**Monday:** Bedroom 1

**Tuesday:** Lounge room

**Wednesday:** Bedroom 3 & laundry

More hands make lighter work, stick to your plan and get help from friends & family.

## Step 2: Where do I start



Once you have decided what you are keeping and what you need to let go of, it is time to make a plan

I have a motto, "The worst comes first" because it can be quite tiring at the end of the process. So with more energy it's better to tackle the harder stuff first like the shed or yard. A typical plan outlines your target and time frame.

To achieve your outcome of downsizing you need to do two things. Pick a room to start and sort & ask yourself 'Is it to keep, donate or throw out?'. We will talk about rubbish removal & donations a little bit later in the Ebook

The thing that holds most people back is they pretend to downsize and just move things around or from room to room. The only way this will actually work is if you remove items from each room to sell or to donate (it doesn't matter).

But you have to make decisions and remove items from the room and the house. Rule of thumb for moving from a 3 bedroom original family home to a 2 bedroom retirement unit is that you will need to downsize about 80% of the original family home contents.

# Step 3: Disposal of rubbish



Rubbish can be extremely expensive to dump and there are a few ways to go about it. If you have time, utilise your local council hard rubbish service either by making an appointment or allocated days for pickup.

## Types of Rubbish

Mattresses cost about \$20 - \$40 at the dump, and old tube TV's cost about \$20 each to take to the dump so council hard waste is a better alternative. Oil, paint, and various other liquids can't go in the bin, however, various waste recycling depots around Adelaide take liquid waste at around \$3 per liter. Metro Waste at Thebarton offers this service. Nawma Recycling Centre at Elizabeth takes up to 100 liters of paint & up to 20 liters of oil for free.

## Selecting a Skip bin

Selecting a Skip bin can be difficult what size do you need? To give you an example, when we clear out a 2 bedroom retirement unit (small property) there is usually around 10 cubic meters of rubbish.

If you have been in your home for more than 20 years sometimes it can be deceiving. I recommend hiring a 9 cubic meter Skip Bin. If you have lots of rubbish & a good sized driveway you can hire a 28 cubic meter skip which is the best value in all the size ranges.

"Why on earth would we need a 28 cubic meter skip" I hear you say. We frequently remove 40, 70 and even 90 cubic meters of rubbish from the original family home of clients. Once we removed 60 cubic meters of rubbish from an 80 m<sup>2</sup> unit, however, this is a rare and extreme case.

## Step 4: Donations to charity



“Let’s donate it to charity” - sometimes it’s not that simple.

Have you had a look inside an op shop or local Salvation Army store? It’s a great idea to have a look and talk to the staff and see what they will and won’t accept as donations. Anglicare has a truck that travels Adelaide picking up furniture and anything that the charities don’t want then hard rubbish or bin it will have to be.

It is also a good idea to get an Auctioneer or 2nd hand dealer to look over your items before you do the charity run so you don’t give away anything of significance.

## Step 5: Selling your items



“A house full of contents, lets sell what we can”, but where do we start? Sometimes what you paid new and what it sells for second hand can be disappointing.

It is always good to get a professional opinion before you decide what you will do with your unwanted items. An Auctioneer or an auction house is a good place to start or even a 2nd hand dealer. Auctioneers work on a commission structure so they get paid more if your items sell for a higher price. It is their best interest to achieve the best result. Second hand dealers are an easy no fuss option where you get paid on the spot for your items. As an auctioneer, I feel that putting your items to a competing market (an auction) you are likely to get transparent market value. Some items that are difficult to sell are floral roll arm sofas, old school TV cabinets, sideboards & organs/pianos.

There are always exceptions, however, best to donate these items. Bookcases are popular, selected 1970s retro furniture including cane sofas. Smaller items such as Crystal, bone china, vintage toys, tools from the shed all remain very popular.

If you find yourself in a situation where you have to downsize or are packing up an estate and you would like more information or a free appraisal on the items you are considering selling them please email me at [auctioneer@ajcolman.com.au](mailto:auctioneer@ajcolman.com.au) or call **1800 GO AUCTION** (1800 46 28 28).

Click [HERE](#) to see my 10-minute presentation on how to downsize your home



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