



As appeared in the VISTAS, Alta Vista's  
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## **Housing experts for Seniors explore the link between downsizing and wellness.**

A home that has been enjoyed for years is, for many people, one of their greatest sources of comfort and satisfaction. Often, it has been a project of love and attention for decades. It is a place of cherished family memories and where reassuring daily routines take place in a chosen neighbourhood. With the natural progression of time however, it can also become one of the greatest sources of worry, risk, overwhelming responsibility and ongoing expense. That is why the link between downsizing and prolonging health and wellness amongst aging adults is worth examining.

At the heart of the matter, are concerns about safety and suitability (*think of accessibility, isolation, size, location, proximity to amenities*), maintenance and expense, and their effects on overall wellbeing. These are some of the same factors you may have considered when you “upsized” or “right sized” your living environment years ago, perhaps to accommodate a growing family or as your career progressed. Why would it be any different now? This is just a new chapter in your long life.

With human longevity as it is today, downsizing can in fact be the best decision you make if prolonging independence and enjoying life to the fullest is important to you. While a downsize means different things to different people, maybe is it a move to a one level condo (*purchased or rental*), or to a select retirement community that allows you to age in place, **a downsize by choice rather than necessity is always preferable.** A move to a worry-free living environment could afford



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you new found freedom to travel, allow you to spend more time on your health, family and friendships. These are many of the things people have expressed a desire to focus on for years, and now you can fully embrace them with less worry and distraction.

Concerns about the overwhelming task of de-cluttering and dealing with all the "stuff" that has been accumulated should not become a barrier to a strategic and well timed move either. There are ways to deal with it all despite what may seem like a daunting task, and to do so in a timely and sensitive fashion. That is why becoming more knowledgeable on the topic as it relates to you, or an elderly loved one, deserves your attention and action while you can still make your own choices and decisions, and to do so in the absence of urgency.

**On Monday, March 6<sup>th</sup> from 7-8:30 PM at Alta Vista's Rideau Park United Church, 2203 Alta Vista Drive, senior relocation and age well specialist Jennifer Moir of Age Well Solutions, and Real Estate Sales Representative Mary Ann MacIntosh from the award-winning RhodesBarker team at Coldwell Banker Rhodes, will lead a discussion on the most important factors and variables to consider when it comes to a potential downsize.**

Attendees will receive some useful self-help tools and valuable service coupons to reduce the costs of a move. All are welcome and there is no charge to attend. Refreshments provided.

**Advance registration requested** by calling 613.277.6449, by emailing [info@agewellsolutions.ca](mailto:info@agewellsolutions.ca), or on-line at [www.agewellsolutions.ca](http://www.agewellsolutions.ca)



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