

MOVING TO YOUR NEW HOME:

VENTANA'S GUIDE TO DOWNSIZING



TIPS AND TRICKS TO DECIDING WHERE TO LIVE IN RETIREMENT AND ENSURING A SMOOTH MOVE

Where to live during your retirement years is a multifaceted decision. On one hand, you may want to stay in the home you've lived in for years and where you've grown your family. On the other hand, the burden of too much space and home maintenance is starting to pile up. You may also be at the point where you are solidifying your plan for the future.

Downsizing and moving to a senior living community is a common way that older adults have been able to find the perfect mix of independence, security that their needs will be taken care of and fun.

Although the moving process can be overwhelming and you may not be sure where to start, we want you to know that you are not alone. To help overcome the burden of the downsizing process, Ventana has created this downsizing guide that will help you make your move as smooth as possible.



WHAT WE'LL COVER:

- Signs it's Time to Downsize
- Tips and Tricks to Downsizing
- How Moving Station Aids the Transition to Ventana
- The Ventana Promise

SIGNS IT'S TIME TO DOWNSIZE

Downsizing during retirement is a common reason for homeowners to move out of their long-term homes. Have you become frustrated with home maintenance? Or maybe you're not sure what to do with all of the space you have. Downsizing to a life plan community like Ventana may be just the answer you're looking for.

Although there's no direct answer to, "when is the right time to downsize?" you may have noticed a few signs that you may be ready. These signs can include:

YOUR HOME IS JUST TOO BIG

Perhaps the most glaring reason you may be ready to downsize is that the house you are currently in is just too big for your lifestyle. Numerous bedrooms and bathrooms made sense when all of the kids were under one roof and space for each family member was needed, but that may not be the case anymore. If there are rooms in the house that don't get any use, it may be time for you to consider a lower-maintenance lifestyle.

THERE'S A CONCERN OVER FINANCES

Retirement brings about new financial considerations. You may not be taking home as much as you did when working full-time, so it's important to shift priorities when it comes to budgeting. Older adults frequently choose to downsize to lessen the financial burden of maintaining the house they are currently living in and move to a more manageable living situation.

Generally speaking, mortgage, insurance and property taxes aren't recommended to exceed 30 percent of your take-home pay. By downsizing, you are freeing up room in your budget and allowing some wiggle-room to spend more of your money on travel and other things you enjoy.





HOUSE MAINTENANCE IS BECOMING BURDENSOME

Maintaining a home is no easy task. Plus, the bigger the space, the more time it takes. Have you ever passed an entire day away by cleaning and tidying around the house? Or have you scrubbed a room down just to realize it doesn't get as much use as it has before? Cleaning can become burdensome, especially as we age, and it may be time to downsize if maintenance is getting out of hand.

Cleaning is just one aspect, though. Home maintenance goes beyond tidiness and includes unpredictable utility prices, lawn and yard upkeep and keeping up with repairs and replacements. Older houses need plenty of repairs, like roof replacement, appliance updates and new piping. The unpredictability of these costs can make it difficult to have a stable financial plan. Downsizing is able to ease your worries about maintaining a home, plus take the pressure off your bank accounts.

YOU'RE STARTING TO THINK OF PLANS FOR THE FUTURE

While the house you are living in now may work at the moment, future needs should be kept in mind when planning where to live out your golden years. You may want to ask yourself these questions when it comes to future needs:

- Is there a plan in place if my healthcare needs change?
- Am I able to accommodate any safety updates or modifications, such as non-slip flooring or handrails?
- Is my home the most comfortable place for me to live out my retirement years?

After assessing your situation, have a discussion with a trusted family member or friend as to whether or not downsizing makes the most sense for you. For many older adults, the choice to move to a senior living community is due to future needs considerations because life plan communities like Ventana offer the peace of mind that future healthcare needs can be met.

YOU'RE LOOKING FOR MORE INDEPENDENCE AND FUN

With less "things" to worry about, you could be living out your retirement years the way you had always planned! Now is the time to let go of everyday worries and truly live life to the fullest. That trip to Europe you've been dreaming of? With less home responsibilities, it can finally become a reality. An old hobby that had to be set aside due to lack of time can now become a priority. By downsizing, you will enjoy more time to do the things they love most.



TIPS AND TRICKS TO DOWNSIZING

So, you've come to the realization that downsizing is the right move for you. A comfortable, luxurious Life Plan community like Ventana offers the opportunity to live out your retirement exactly how you've dreamed it and to enjoy your golden years to the fullest. This is a major decision to make and one that should be celebrated!

BUT NOW COMES THE QUESTION – WHAT NEXT?

Here are some tips from the Ventana staff on how to downsize for retirement effectively.

#1: GET FAMILIAR WITH YOUR NEW SPACE

As you transition to retirement living, you'll most likely be downsizing the amount of space you're accustomed to. In order to understand how many of your things you can bring to your new home — and which things need to go — it's a great idea to explore your new living space in detail. This way, you will be able to envision how your home will look once you move everything into it, and you'll be able to make more informed decisions as you move through the downsizing process.

So, how do you learn more about your new space? For starters, be sure to take advantage of access to the community and tour your new home. Spend some time walking around, imagining where things will go and identifying the storage capacities of the home. Take photos and notes, so you can quickly reference the home's layout, dimensions and features once you begin sorting through your belongings.

And of course, if you have specific questions, you can reach out to the expert staff at the Life Plan community. At Ventana, our team of experts are extremely familiar with downsizing challenges because they've already helped many Members move into Ventana's luxury apartments.



#2: GET A HEAD START

The earlier you get your belongings ready and put your moving strategies into place, the easier the downsizing process will be in the long run. Ideally, you should get started as soon as you begin planning your move or feel like a move to a Life Plan community might be in your future.

Try to avoid waiting until the last minute to start sorting your belongings, because that will likely be overwhelming and you will be forced to make rushed decisions that you might regret later. You also never know when your timelines might change, so starting as soon as possible puts you in the best position to be ready when it is time to make the move.

#3: START SMALL

Another key strategy for success is starting small and making steady, consistent, incremental progress as you begin your downsizing efforts. There are several ways to do this effectively — such as spacing out the amount of work you need to do by designating specific rooms or areas you'll tackle every few days or each week.

Starting small and dividing the downsizing process into component tasks works because it takes something that can seem like an overwhelming project and breaks it down into manageable objectives you can address one step at a time.

Don't think to yourself, "What am I going to do about all this?" Instead, ask yourself, "What items in this room can I not live without?"

Also, don't try to go through your whole house in one weekend. Instead, set aside a couple days for the garage, a couple days for the kitchen, a couple days for the office — and spread those days out as appropriate, so you can fit everything into your usual schedule at a manageable pace.

#4: PASS DOWN YOUR VALUABLES

Certain items have special meaning to you and your family, and it's important to make sure that those receive the care and attention they deserve.

To continue family legacies and make gifts extra meaningful, gather these items and think about who in your family you want to give them to (and how and when you plan to give the gifts).

Taking this step before you move into your new home is a good idea because it reduces the number of important items you need to take with you, while still giving you the reassurance that family heirlooms will be honored and passed down.

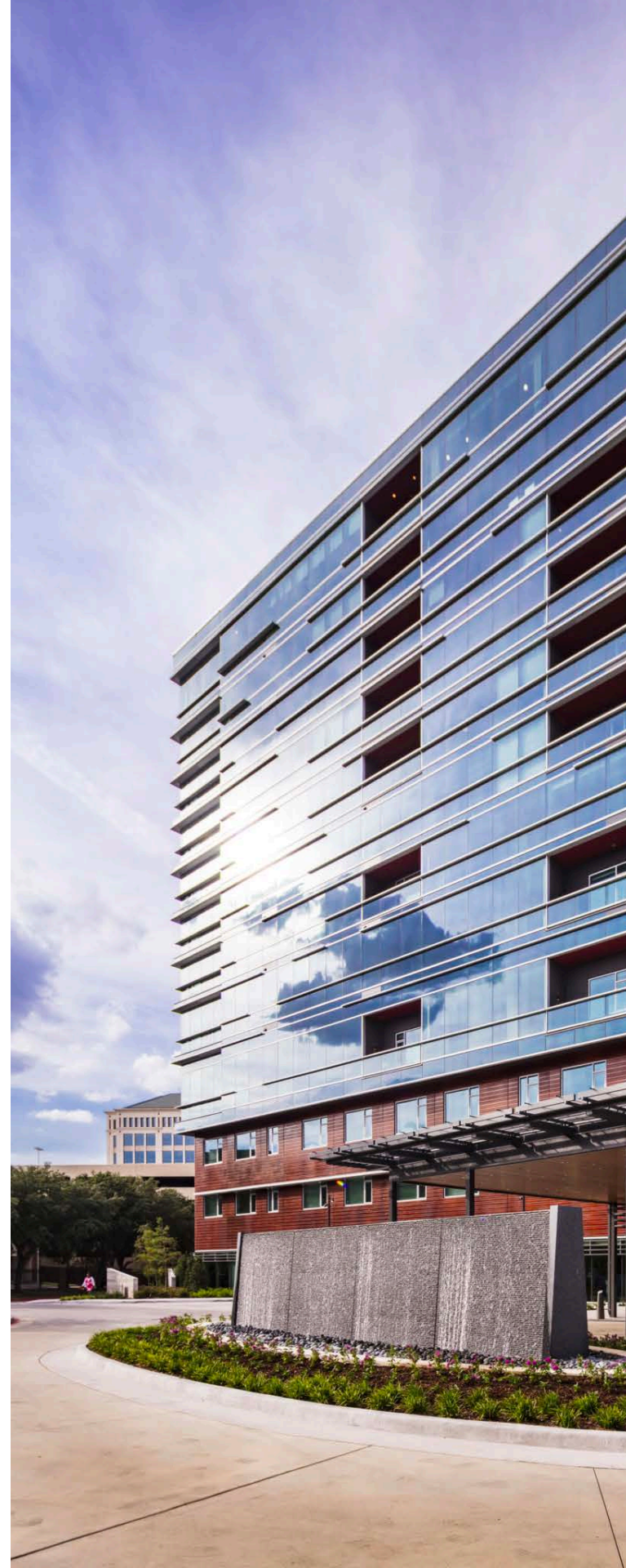
#5: DONATE, SELL OR THROW OUT UNWANTED ITEMS

This is one of the hardest parts for many people, but also one of the most important steps to take as you downsize. It's easy to want to keep everything, but the simple truth is that many of your belongings probably don't get used anymore and aren't needed in your new home. The good news is many of these items can be used by other people, which is why donating or selling them is a great idea.

You can donate by reaching out to a donation center, which will take all kinds of useful items. (Car donation is a good one to think about, especially if you won't be driving as much or will only need one vehicle when you move.)

You can sell items at flea markets, garage sales, or online via platforms such as Facebook Marketplace, Craigslist and eBay. Ask a family member or friend if you are unsure of how to list and sell items online.

Now, some items won't be in the condition necessary to donate or sell. These items should be thrown out or recycled because the only thing they will do at your new home is occupy valuable space.





HOW 'MOVING STATION' AIDS THE TRANSITION TO VENTANA

At Ventana by Buckner, we want to make sure your move into your new home is as smooth as possible. One way we do this is by partnering with Moving Station.

Moving Station is a leader in senior relocation services that partners with senior living communities nationwide. The team helps seniors and their families with tasks like selling a home, downsizing, organizing and the physical move itself. The team at Moving Station prides themselves as truly caring for those they work with and are excited to be the advocate and support for seniors and their families going through a major transition in their life.

Members at Ventana are made aware of the partnership with Moving Station early on in their decision-making process. Since the “how?” of a move to a senior living community can be an objection for some prospective Members, we make sure that concern is met with a solution to make the process as seamless and easy as possible.

Part of that solution is the way Moving Station truly personalizes the moving experience to your needs. A personal relocation manager offers one-on-one services to ensure your specific concerns are addressed. Moving Station is your partner through this experience to listen, validate and form a relationship with.

UNCOVERING AND RESOLVING MOVING CHALLENGES

Each person has a different moving experience. That's why the team at Moving Station works to help discover what is standing in your way and figure out what they can do to help. Their job is to break down the barriers to your move and find a solution. For some, it may be the emotional connection to a long-term home. For others, a vast amount of clutter seems overwhelming and unmanageable. No matter what the reason may be, the personal relocation manager helps to identify what this need is and what needs to be done to ensure a smooth move.

UNCOVERING AND RESOLVING MOVING CHALLENGES

Each person has a different moving experience. That's why the team at Moving Station works to help discover what is standing in your way and figure out what they can do to help. Their job is to break down the barriers to your move and find a solution. For some, it may be the emotional connection to a long-term home. For others, a vast amount of clutter seems overwhelming and unmanageable. No matter what the reason may be, the personal relocation manager helps to identify what this need is and what needs to be done to ensure a smooth move.

LOCAL PARTNERSHIPS WITH MOVING ORGANIZATIONS

When it comes to downsizing and real estate, Moving Station partners with local organizations to get the job done. It's important to keep things local, so the team works with vendors from all over the United States to make sure that, no matter where you live, there will be a trusted partner that is willing to help.

BREAKING THE MOVE DOWN INTO EASIER, DIGESTIBLE STEPS

Making a move is a big deal. This is a big process. You can't do it all in one day, which is why Moving Station works to break down the moving process step-by-step. The team takes big issues and turns them into smaller, more digestible pieces that can make it easier to go from point A to Z.

Maybe they recommend that you just spend an hour everyday packing boxes or focus on cleaning out just one room or one closet per day. Whatever it is, Moving Station helps you develop a plan that's composed of steps to keep you on track without feeling overwhelmed.

With a partner throughout this moving process, you will feel supported and more confident in the transition to your new home at Ventana.

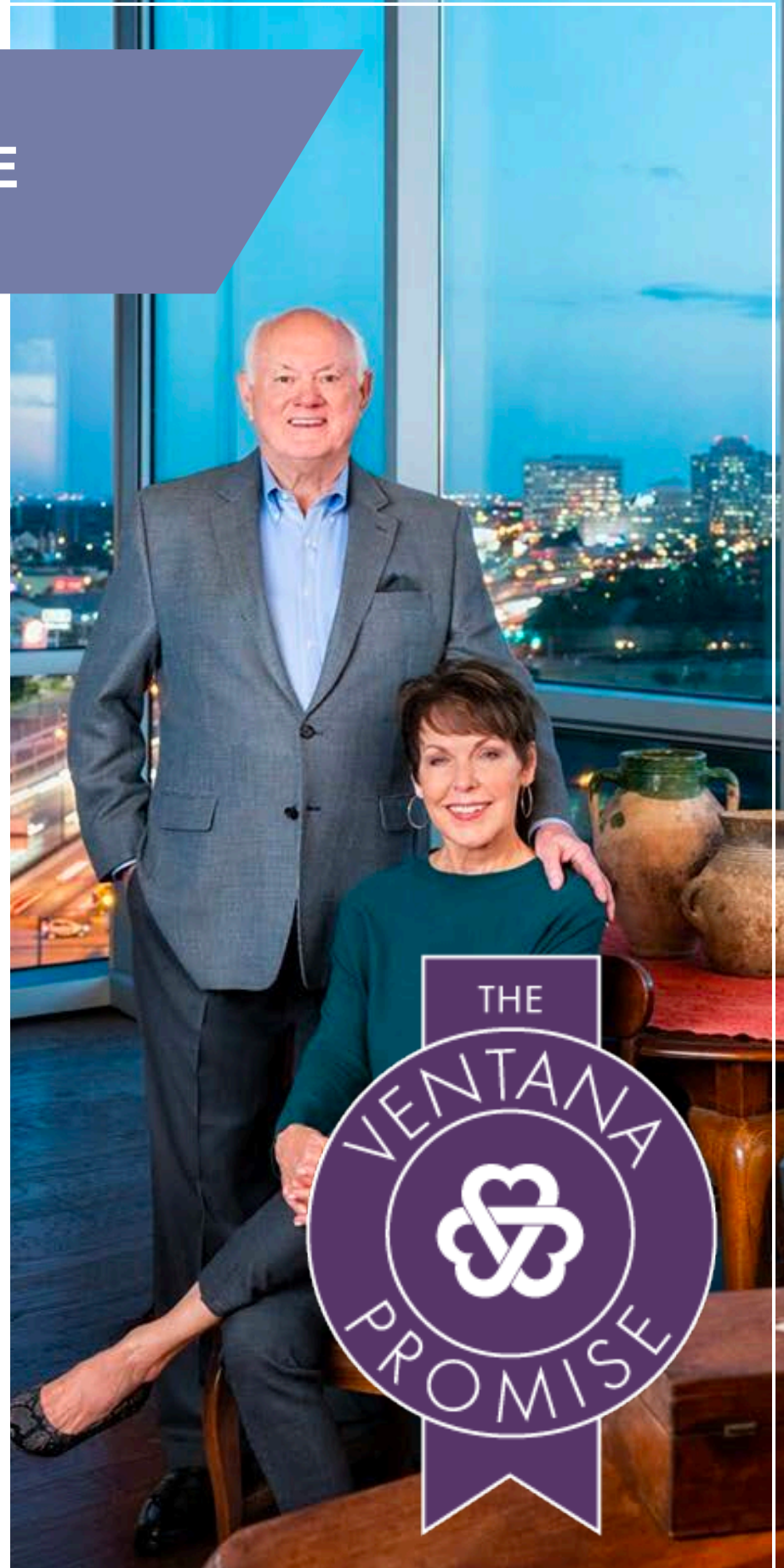


THE VENTANA PROMISE

Making a retirement living plan can seem overwhelming and feel like a move you may not be able to take back – even when the alternative is a gorgeous high-rise residence that complements fabulous lifestyle amenities with impeccable safety standards and the assurance of Life Care. So, we've made it much easier to decide if Ventana is right for you.

THE VENTANA PROMISE: HAPPINESS, GUARANTEED.

The team at Ventana cares about you and wants you to feel confident in your retirement lifestyle decision. We've created three options that will essentially take the risk out of your decision, enabling you to make a plan in incremental steps and change your mind without financial consequence. By exercising the option of your choice, you can experience the beauty, elegance and lifelong security of Ventana for yourself — and reserve the right to decide until you're certain you've made the right choice.



GET IN TOUCH WITH THE TEAM AT VENTANA BY BUCKNER

At Ventana by Buckner, our mission is to make your transition to our Life Plan community as seamless and stress-free as possible, so you can feel right at home from the moment you move in.

If you'd like to schedule an information session, apply for residence or simply ask our team some questions, don't hesitate to get in touch! We're always available to assist in researching and evaluating your options.

We look forward to hearing from you and showing you why Ventana by Buckner is the ideal community for you to call home!

SPEAK TO A TEAM MEMBER
214.473.5880

WRITE OR VISIT
8301 N. Central Expressway
Dallas, TX 75225

