



3 Steps to Rightsizing Your Retirement Life

As you explore senior living options, you'll hear the terms 'downsizing' and 'rightsizing' quite a bit. And sometimes they refer to moving into a smaller residence than the one you're in now. But there's more to it than that.

Rightsizing is really about creating a home, a lifestyle and a future that fits the way you want to live. It's about making choices that let you focus on what's most important. Here are three steps you can take to rightsize your retirement. By asking yourself the right questions, you can create a richer life and a more secure future.

Customize your living space.

Start by evaluating how much room you actually need.

- Are there rooms in your current house you don't use?
- What do you use the space for?
- Are you storing furniture or household items you don't use anymore?

Ask yourself how much you want to take care of.

- Evaluate recent home repairs and maintenance projects. What's still on your to-do list?
- What about yard work? These tasks don't get any easier — will you still want to do the work yourself in 3 to 5 years? Will you be able to?
- You may have hired services to take care of all these things — is it cost effective? Is that where you want your money to go?

As you research senior living communities, make sure you can get a residence that fits your lifestyle.

- Do you do much entertaining or host overnight guests?
- Do you need an extra room for a home office or hobby room?
- How much can you customize your residence with finishes or changes to cabinetry or layout?

Customize your lifestyle.

Think about how you want to get the most out of life, both now and in the future.

- What do you do now that you'd like to keep doing, or do more of?
- How convenient is it for you to do those things?
- What if you had more time and more ways to say yes to those activities?
- What new things do you want to try?
- What if it was easier to find and engage in new learning or wellness opportunities and cultural experiences?

Staying socially connected is important for your overall health and well-being. In fact, becoming isolated can increase the risk of depression and serious illness.

- How often do you spend time with friends or meet new people?
- Do you have too many things on your to-do list to spend time with others?
- Are there ways you can easily interact with people on a more regular basis?

Customize your future.

No one likes to think about possible health problems, but it's important to be prepared for unexpected 'what-ifs.' Having to find care in a crisis can be difficult, and it can put decisions about your future into someone else's hands.

- Do you know where you can find quality rehab or long-term care if you or your loved one need it?
- Are there care options close enough that family can visit conveniently?
- Is your family prepared to make decisions regarding your care, your home and your possessions?

It's common to assume that family members will take care of you if you need help. But family isn't always close by, and they can't always become caregivers.

- If you have family near you, will they always be there?
- Will their work or family situation make it harder to be there for you when you need it?
- Do you want to be cared for by your children, or would you rather spend your time with them in a different way?

Long-term care insurance and Medicare don't cover every medical expense.

- Are you aware of the limits of your insurance and Medicare coverage?
- Do you know how much a home health aide, assisted living or skilled nursing will cost today?
- What about the cost of care 5 to 10 years from now?
- How will you pay for it?

As you explore retirement communities, look into their health services options and how you would pay for them.

- Are all levels of care on site?
- Are there predictable monthly costs that won't go up significantly if you need a higher level of care?
- Is the cost of care below market rates?
- Are there a variety of pricing plans so you can find one that fits your needs and budget?

If you're looking to design a future that's vibrant, secure, and doesn't sacrifice your current lifestyle, the time to start rightsizing is now. By asking the right questions, doing some research, and evaluating your options carefully, you're just a few steps away from the kind of retirement life you deserve. **For more information on how Edgewater can help rightsize your retirement life, call 954.388.0144.**



Edgewater at Boca Pointe

Where Loving-Kindness Lives

WHERE THE
good life
GETS EVEN BETTER

23315 Blue Water Circle | Boca Raton, FL 33433
954.388.0144 | EdgewaterBocaPointe.com

