

# DECIDING TO MOVE?

## What To Consider

*For anyone evaluating their current living arrangements and considering a change in their housing, there are some questions to ask which may be helpful in coming to a resolution.*

Remember nothing is perfect. Whatever decision you make, there will be things that are gained and things that will have to be given up. It really is a matter of looking at your options – financially, socially, emotionally, and the like – and deciding what is the closest “fit” given the parameters you have to work within. Here are some things to consider:

### Housing

*How important are the following?*

- Staying in a particular neighborhood or geographical area
- Privacy and autonomy
- Living near my friends and family
- Having access to public transportation, stores, and shops
- Being able to keep pets, my own furnishings, and other personal items
- Being near recreational facilities and having numerous activities available
- Security
- Having a large living space and living in a home-like environment
- Having home maintenance services available

### Physical Health

*Do you want assistance with any of the following?*

- Preparing meals
- Transportation

- Housekeeping
- Medical care and/or personal care
- Overcoming loneliness or isolation

### Financial

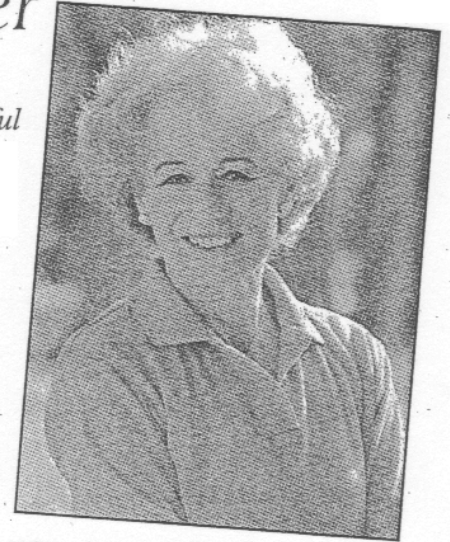
*How much are you currently spending on housing?*

- Is your home paid for, and if not, what are the payments?
- Are the property taxes and values stable?
- What does insurance cost?
- What are your expected maintenance costs?
- Can you do the yard work and snow removal or will you have to hire someone to do these jobs?
- Are utility expenses manageable?
- How much are you willing to spend in another location?
- Will your income change over the next few years?
- Are you eligible for a subsidized apartment?
- Have you examined the costs and benefits of each housing option?

### Social and Emotional

*What life changes have you gone through in the last year and how have you been affected by them?*

- What will you give up and what will you gain by moving?



- What is your family support system?
- What support comes to you from friends, neighbors, religious community, etc.?
- Will your support network be accessible from a new residence?
- What kind of social activities do you enjoy? Are they close to home?

These, plus many other questions, may be helpful as you consider your housing arrangements. Of key importance is taking time to consider fully what you want and hope for. Set priorities, talk-talk-talk to others who have tried various living arrangements, be clear on your support system, and pay attention to what “fits” for you. It is important for seniors to be aware of choices. Also, many feelings of loss and change may be felt even if the move is a positive experience. Saying good-bye to the old before saying hello to the new is an important part of the emotional process.