

## Downsizing makes sense – but what are the options?

**April 2014**

Downsizing into purpose built retirement property makes a lot of sense. It frees up a larger property and reduces the number of family homes that have to be built and it can save you money and help maintain your health and independence.

But what sort of retirement property should you choose? Would you be happiest living in a town, with access to all the entertainment outlets, restaurants, health facilities and transport links that urban living offers? Or would you prefer the more rural lifestyle offered by a retirement village?

Are you simply interested in a smaller property than the one you live in now, perhaps with a few adaptations for an older person such as an emergency alarm system? Or are you looking for additional facilities on-site so that you can socialise, enjoy a hobby or even keep fit in a private gym or swimming pool?

And what services do you want to have access to? Are you content that the emergency alarm system in your new property will connect you to a call-centre who will then arrange for someone to come to your aid, or do you want help to be on-site and able to get to you promptly 24 hours a day?

Confused? Well in these monthly articles over the next year I'll do my best to make the options clear and explain their advantages and disadvantages. I'll also tell you about the costs you should allow for as well as the ways you can save money and the options that are most likely to help maintain your independence.

I'll also discuss the best time to downsize. Did you know that there is clear evidence that downsizing at the right time to a retirement property where there are services that can support you when you need them but which promote independent living will help you to stay healthy and live longer?

**That is why Oak Retirement Ltd is working with the Markey Group, developers of Honeybourne Gate. Honeybourne Gate is being built at the junction of Gloucester Rd and High Street, Cheltenham, and it will offer luxury apartments, extensive communal facilities and use on-site staff to deliver flexible services that will adapt to your changing needs. You can find out more at [honeybournegate.co.uk](http://honeybournegate.co.uk) or ring us on 0800 4714793.**

Or contact the Elderly Accommodation Council, a national charity that aims to help older people make informed choices about their housing needs, at [www.eac.org.uk](http://www.eac.org.uk)

***Stephen Ladyman***