

# To move or not to move?

## Ka mate kāinga tahi, ka ora kāinga rua?



Age Concern information sheet for older people who are thinking about making a move

People move for all sorts of reasons. While it can create new opportunities, relocating is stressful at any stage of life, regardless of whether you rent or own your home. It can also be expensive. So before you take the plunge, give careful thought to:

- **why** you are considering moving
- **whether** you really want - and need - to move.

Here are some questions to get the ball rolling:

1. Are you responding to pressure from family and friends who think you ought to 'downsize'? Downsizing is not necessarily straight-forward and it may not be right for you. For a start, you need to feel comfortable about parting with some of your things to fit into a smaller space. You also need to be certain of finding a smaller home in your price range, and in the community of your choice.



*Serving the needs of older people*

So you're deciding whether or not to move. Here are some things to consider:

- The real reasons for moving
- Advantages and disadvantages
- Remedies to improve your current home
- If you decide to move, read our information sheet *A home for life*

2. Is the death of your spouse or partner part of the reason you are thinking about moving?

Be wary of making big decisions while you are still grieving - your perspective on life may change as time passes.

3. What do you like about where you live now?

Use the table over the page to start making a list. Include all the things that make your place feel like home. Don't forget the neighbourhood and your role in it, as well as your proximity to friends and your favourite activities. Think about how much these things mean to you and how likely you are to find them somewhere else.

# To move or not to move?

## Things I like about where I live now

I like	Could I live without it?	What are the chances of finding it elsewhere?
1		
2		
3		
4		
5		
6		
7		

4. What do you dislike about where you live now?  
Use the table below to start a list of the things which make you feel like moving. Then think about possible remedies that might allow you to stay, and whether it's possible to make these changes. We have included a selection of tips from older people that might be useful.

**NB:** It is worth weighing the cost of moving against the cost of making changes which will enable you to stay put.



## Things I don't like about where I live now

I don't like	Is there a remedy that might allow me to stay put? See list of tips	Do I have the energy and the money to tackle this?
1		
2		
3		
4		
5		
6		
7		

# Ka mate kāinga tahi, ka ora kāinga rua?

## Tips from older people to...

### ...fill a space that feels too big:

- **share** your home (and household expenses) with a friend/flatmate.
- **organise** with friends or neighbours to share meals regularly at your place.
- **get** a pet.

### ...make the garden more manageable:

- **find** someone to do the work in exchange for a share of the produce.
- **employ** someone to keep the garden tidy. If you qualify for a Disability Allowance this could be used to fund gardening. Ask Work and Income or your Age Concern.
- **simplify** your garden:
  - create raised beds close to the house, put the rest into lawn or bark chips
  - apply mulch to keep the weeds down and the garden looking tidy
  - replace annuals with flowering shrubs or the like, planted close together.
- **install** a sprinkler system.

### ...keep on top of repairs and maintenance:

- **make** a list of what needs to be done, inside and outside, how urgently and by whom.
- **work** through the checklist in the Good Homes Repairs and Maintenance Assessment and



Solutions Tool for Householders. It will help you identify what work needs to be done and decide who is the best person to do it. Search for *Good homes repairs tool householder* on the internet or go to:

[www.repairsandmaintenance.goodhomes.co.nz/tools](http://www.repairsandmaintenance.goodhomes.co.nz/tools)

- **fix** small things before they become big worries and big expenses. It may cost less than you think to do the essential work. If you qualify for an Accommodation Supplement, you may be able to get help with the cost of essential repairs. Talk to Work and Income, or your Age Concern.
- **tackle** one thing at a time. Spreading out maintenance costs helps preserve your budget and your sanity.
- **ask** your Age Concern whether they can recommend trades people.
- **remember**, a house in good repair brings many benefits:
  - life is more comfortable if you have a warm, dry, home
  - you will be healthier and less likely to have an accident
  - you can stay in your home and community for longer
  - it helps maintain the value of the property





## Tips from older people to...

### ...make it easier and safer to move around your place:

- **adapt** the shower or bath space - install a grab handle and a detachable showerhead; place a plastic stool or chair in the shower area. Consider installing a shower if you don't have one – it's safer and cheaper than a bath.
- **add** handrails to make steps easier to use, or replace steps with a ramp.
- **use** a tea trolley or similar to 'ferry' meals from the kitchen to the dining area and for transporting heavy items.
- **move** your bedroom downstairs if you have a two storey house.
- **install** a nightlight which can be left on in the hallway or near the bathroom.
- **install** exterior sensor lighting at all entrances.
- **de-clutter** to make it easier to move around and to do the cleaning.
- **find out** whether you qualify for funding from the Ministry of Health for equipment or modifications. Talk to your local Age Concern or call the Ministry's Disability Support Services on [0800 373 664](tel:0800373664).
- **find out** whether you qualify for assistance

from the Suitable Homes service. This service provides free advice to people with physical disabilities who want to modify their home. Talk to your local Age Concern or call Housing New Zealand on [0800 801 601](tel:0800801601).

- **before** you make any changes to your home, make sure you are aware of the features that will help make it as easy to live in as possible. Visit [www.lifemark.co.nz](http://www.lifemark.co.nz) to check the Lifemark Homeowners Guide, or call Lifemark on [0800 227 888](tel:0800227888).

If you do decide to move, have a look at the Age Concern information sheet for older people on the move: *A home for life, He kāinga mō ake tonu atu*.

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