

 in bay of quinte
Downsizing
Helping
Parents
Downsize



A PRACTICAL & COMPASSIONATE
GUIDE FOR ADULT CHILDREN



Have the
Conversation



Create a
Plan



Simplify &
Let Go



Step Into a
New Chapter



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*Not Just a REALTOR® –
Your Full Downsizing Team.*

♥ STRESS-FREE DOWNSIZING
STARTS HERE – WITH ME AND MY TEAM.



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Downsizing
IN BAY OF QUINTE



A LETTER TO ADULT CHILDREN



Downsizing isn't just about less space. It's about creating a life that feels right – with less to manage and more time for what matters most.

As an adult child, your role is important. You can make a difference by walking this journey with your loved one – offering support, listening with patience, and helping them feel confident about their decisions.

WHY PEOPLE CHOOSE TO DOWNSIZE:



SIMPLICITY

Less to clean, maintain, and worry about.



MORE TIME

Freedom to enjoy hobbies, travel, and loved ones.



FINANCIAL PEACE OF MIND

Lower expenses and more control over finances.



SAFETY & ACCESSIBILITY

A home that fits their needs today and tomorrow.



A FRESH START

An opportunity for a new chapter and new memories.

70%

of older adults say they want to stay in their community as they age.

Downsizing can help make that possible.



INSIDE THIS GUIDE, YOU'LL FIND:



PRACTICAL TOOLS

Checklists, timelines, and worksheets to guide you through every step.



EXPERT ADVICE

Real estate, organizing, and lifestyle tips from trusted professionals.



LOCAL RESOURCES

A curated list of services to make the process easier in our community.



EMOTIONAL SUPPORT

Encouragement and insights to help you and your family through the journey.



MOVING MADE EASIER

Packing, sorting, and letting go strategies that reduce stress and overwhelm.



WHAT'S NEXT

Ideas for creating a home and lifestyle that bring joy and peace of mind.



“

The greatest gift you can give your parent isn't taking over – it's empowering them to make the right choices for their life.

”



GENTLE REMINDER

- ✓ Start the conversation early.
- ✓ Listen more than you speak.
- ✓ Respect their pace and decisions.
- ✓ Focus on solutions, not the past.
- ✓ Celebrate the moments along the way.

Remember YOU'RE NOT ALONE.



This may feel overwhelming at times, but with the right support and a step-by-step plan, it can be a positive, empowering experience for everyone.

You've got this.

AND YOU DON'T HAVE TO
DO IT ALL AT ONCE.



YOU'RE NOT ALONE IN THIS JOURNEY



Supporting a parent through downsizing can be one of the most meaningful things you do – and one of the hardest.

It's normal to feel a mix of emotions. With patience, communication, and a plan, you can help create a positive experience for everyone.

COMMON EMOTIONS YOU MAY EXPERIENCE



Overwhelm

So many decisions



Guilt

Wondering if you're doing enough



Worry

About their safety and happiness



Frustration

When progress feels slow



Responsibility

Balancing many things at once



Love

Wanting the best for them



REMEMBER

This isn't just about letting go of things. It's about making room for what matters most.



Give yourself grace. You're doing an important job.

Small steps lead to big changes. ♥

WORDS THAT HELP

- ♥ "What matters most to you in your next chapter?"
- ♥ "How can I help make this easier?"
- ♥ "Let's take it one step at a time."
- ♥ "It's okay to feel a little overwhelmed."
- ♥ "We'll figure this out together."



THE 5 STEPS TO A SMOOTHER DOWNSIZING JOURNEY

1



START THE CONVERSATION

Talk early and listen openly.

2



CREATE A PLAN

Set goals, a timeline, and a strategy.

3



SORT & SIMPLIFY

Keep what you love, release what you don't.

4



PREPARE FOR THE NEXT HOME

Make the new space functional, comfortable, and welcoming.

5



SUPPORT & CELEBRATE

Acknowledge progress and new beginnings!

TIPS FOR SUCCESS



BE PATIENT

Change takes time. Celebrate small wins along the way.



BUILD TRUST

Involve them in decisions. Honor their opinions.



STAY ORGANIZED

Use lists, labels, and a system that keeps things clear.



CAPTURE MEMORIES

Take photos of sentimental items before letting go.



LEAN ON OTHERS

Friends, family, and professionals can provide support.



KNOW THE OPTIONS

Explore housing choices that fit their lifestyle.



FOCUS ON THE POSITIVE

A new chapter can bring freedom, connection, and joy.



CARE FOR YOURSELF

You can't pour from an empty cup. Take breaks.



SUPPORTING YOUR PARENTS WITH COMPASSION



Watching your parents consider downsizing can be emotionally challenging. It's not just a move for them – it's a major life transition.

Your support, understanding, and patience can make all the difference.

This guide will help you navigate conversations, address concerns, and work together as a team.

COMMON CONCERNS THEY MAY HAVE



LOSING THEIR HOME

Letting go of a lifetime of memories.



FINANCIAL UNCERTAINTY

Worries about costs or running out of money.



CHANGE & THE UNKNOWN

Fear of the unfamiliar or what's next.



LEAVING THEIR COMMUNITY

Saying goodbye to friends, neighbors, and familiar places.



FEELING LIKE A BURDEN

Not wanting to rely on their children.

HOW YOU CAN HELP



START THE CONVERSATION GENTLY

Bring it up with care and ask open-ended questions.

Example: "Have you thought about what might work best for you in the future?"



EDUCATE & EXPLORE OPTIONS TOGETHER

Learn about choices early so decisions can be made without pressure.



OFFER HANDS-ON SUPPORT

Help with sorting, organizing, researching, and coordinating every step.



ACKNOWLEDGE THEIR EMOTIONS

It's okay for them to feel sad, overwhelmed, or unsure. Validate their feelings.



CELEBRATE THE POSITIVES

Focus on freedom, less maintenance, safety, and more time for what they love.



BE THEIR BIGGEST CHEERLEADER

Encourage their independence and remind them they're making a positive choice.



YOU'RE MAKING A DIFFERENCE

Your love and support help your parents feel empowered, not alone. Together, you can create a future filled with less stress and more moments that matter.

REMEMBER



- ✓ This is their journey, not yours.
- ✓ Listen more than you speak.
- ✓ Honor their feelings and timeline.
- ✓ Focus on solutions, not pressure.
- ✓ Celebrate progress, not perfection.

“The greatest gift you can give your parents is the support to make choices that bring them peace, freedom, and joy.”



CONVERSATION STARTERS



- What would make life easier for you right now?
- What do you love most about your home?
- What are some things that are becoming harder to manage?
- Have you thought about where you'd like to be in 5 years?
- What does your ideal lifestyle look like now?
- How can I best support you in this process?



PATIENCE. EMPATHY. TEAMWORK. |

That's how we create a new beginning.

YOU'RE NOT DOING THIS FOR YOU— YOU'RE DOING IT FOR THEM.

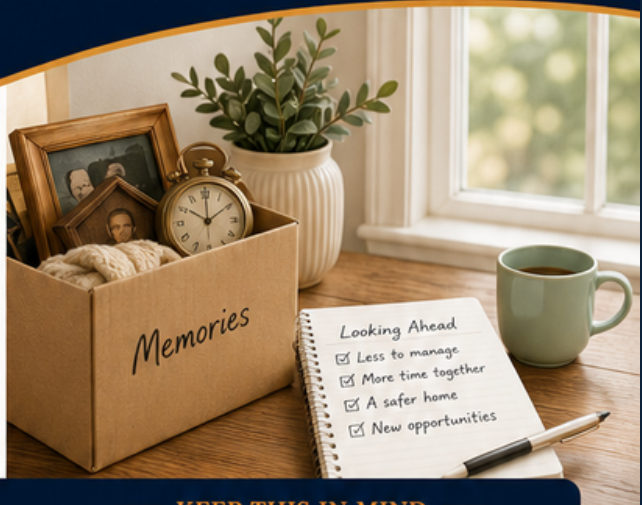


A GUIDE FOR ADULT CHILDREN HELPING PARENTS DOWNSIZE

Watching your parents consider downsizing can bring up a mix of emotions—worry, guilt, stress, and even grief.

You want what's best for them, and they want to stay in the home they love.

This guide will help you support them with patience, compassion, and practical strategies—without taking over or losing your relationship in the process.



— KEEP THIS IN MIND —



Your role isn't to make decisions for your parents—it's to walk beside them, offer support, and help them feel confident about their next chapter.

YOUR ROLE AS A SUPPORTER



LISTEN FIRST

Give your parents space to share their feelings, concerns, and hopes. Listening builds trust.



RESPECT THEIR WISHES

It's their home, their memories, and their decisions. Respect keeps the relationship strong.



OFFER HELP, NOT PRESSURE

Present options and support them—let them decide the pace and direction.



BE PATIENT

This process takes time. There may be ups and downs along the way.



HANDLE THE DETAILS

You can take the lead on research, scheduling, and logistics to reduce their stress.



FOCUS ON THE WHY

Keep the conversation centred on their comfort, safety, and the lifestyle they want.

HELPFUL THINGS TO REMEMBER



Change is hard. Be kind and patient.



Decluttering memories is an emotional process. Give them time.



Small steps lead to big progress.



Celebrate milestones—every decision matters.



It's okay if they change their mind along the way.



You can't do this for them, but you can do it with them.



THE GOAL ISN'T JUST A NEW HOME.

It's peace of mind, a simpler lifestyle, and a future that feels safe and exciting for your parents. You're helping make that possible.

BEFORE YOU START: QUESTIONS TO CONSIDER AS A FAMILY



What does Mom/Dad want their next chapter to look like?



What are the most important factors for their new home?



Are there financial considerations we need to plan for?



What's a realistic timeline that feels comfortable for them?



Who else can be part of our support team? (friends, professionals, siblings, etc.)



YOU ARE MAKING A DIFFERENCE.

Your love, support, and guidance mean more than you know.

You don't have to be perfect—just present.



CREATING A PLAN TOGETHER

A STEP-BY-STEP APPROACH FOR ADULT CHILDREN

A thoughtful plan helps reduce stress, prevents last-minute decisions, and ensures your parents feel involved and respected every step of the way.

You don't have to do it all at once.

You just have to take the first step—together.



REMEMBER

This is their journey.
Your support makes it easier,
but the decisions are theirs.

5 STEPS TO CREATE A PLAN TOGETHER

-  **START THE CONVERSATION**
Choose a calm moment to talk. Listen more than you speak. Ask open-ended questions.
-  **DISCUSS GOALS & PRIORITIES**
What matters most to your parents right now? Lifestyle, location, finances, or being closer to family?
-  **EXPLORE OPTIONS TOGETHER**
Look at different possibilities that match their needs and wishes. Gather information.
-  **CREATE A REALISTIC TIMELINE**
Break the process into manageable steps. Stay flexible and adjust as needed.
-  **REVIEW & CHECK IN REGULARLY**
Keep the communication open. Celebrate progress and revisit the plan together.

COMMON CONCERNS YOUR PARENTS MIGHT HAVE

-  **LOSING THEIR HOME**
Reassure them that this is about finding a home that fits their next chapter.
-  **THE COST**
Provide facts and explore options that fit their budget.
-  **LEAVING MEMORIES BEHIND**
Remind them that memories live in their hearts, not in their things.
-  **WHAT TO DO WITH THEIR BELONGINGS**
There are many options—family, donations, sales, or gifting.
-  **THE UNKNOWN**
Change can be uncomfortable. Support helps reduce the fear of the unknown.

TIPS TO HELP YOU STAY ON TRACK



Be a partner,
not a decision-maker.



Listen with
empathy.



Validate their
feelings.



Celebrate small
wins together.



Take care of yourself,
too. This is a journey
for the whole family.



YOU DON'T HAVE TO HAVE ALL THE ANSWERS.
YOU JUST HAVE TO BE WILLING TO WALK
BESIDE THEM.

Your support today creates a better tomorrow.

YOU ARE NOT ALONE.
Asking for help is a sign of strength,
not weakness.



Helping your parents downsize is about love, respect, and planning for their best future.

You're making a difference.

NAVIGATING TOUGH CONVERSATIONS WITH LOVE AND RESPECT



Talking about downsizing can be one of the most challenging conversations you'll have with your parents. Approach these conversations with empathy, patience, and understanding.

*It's not about convincing them—
it's about helping them feel heard.*



REMEMBER



Your parents' home is more than a house—it's filled with memories, history, and pieces of their life. Honor that.

TIPS FOR MEANINGFUL CONVERSATIONS



CHOOSE THE RIGHT TIME & PLACE

Find a quiet, relaxed moment when everyone can talk without distractions.



LEAD WITH LOVE, NOT LOGIC

Start by expressing your care and concern, not the reasons they should move.



LISTEN MORE THAN YOU SPEAK

Give them space to share their feelings, fears, and hopes without interruption.



ACKNOWLEDGE THEIR EMOTIONS

Validate their feelings—even if you see things differently.



FOCUS ON THE FUTURE

Talk about the possibilities—the freedom, safety, and joy that a new chapter can bring.



BE PATIENT

It may take many conversations and time before they feel ready.

WHAT TO AVOID



PUSHING OR PRESSURING

Pushing too hard can create resistance and shut down communication.



DISMISSING THEIR FEELINGS

Never minimize their attachment to their home or their memories.



MAKING DECISIONS FOR THEM

They need to feel in control of their choices. You're there to support, not decide.



COMPARING TO OTHERS

Every family's situation is unique. Comparisons can create guilt.



FOCUSING ONLY ON THE NEGATIVES

Instead of what they'll lose, focus on what they'll gain.



BRINGING IT UP TOO OFTEN

Give conversations space to breathe. Respect their timing.

GENTLE WAYS TO START THE CONVERSATION



"Have you ever thought about what you might want for your future?"



"I just want to make sure we have a plan for whatever you need—or want."



"What would make life easier and more enjoyable for you right now?"



"This home has been so special. What would you like your next chapter to look like?"



"How can I help support you as you think about the future?"



**LOVE, PATIENCE, AND EMPATHY
CAN OPEN DOORS THAT LOGIC NEVER WILL.**

You don't need the perfect words.

You just need a caring heart and a willingness to listen.



Every small conversation is a step toward a smoother transition for everyone.



Your support today creates a future filled with peace of mind for your parents.

You're making a difference.

SUPPORTING YOUR PARENTS EMOTIONALLY THROUGH THE JOURNEY



Downsizing isn't just a physical move—it's an emotional transition filled with memories, change, and uncertainty.

Your encouragement, understanding, and presence can make all the difference.

Here's how to be the steady support your parents need every step of the way.



REMEMBER

It's okay if this brings up big emotions for you, too. Take care of yourself so you can be there for your parents.

WHAT YOUR PARENTS MIGHT BE FEELING



SADNESS & GRIEF

Letting go of a long-time home can feel like losing a part of their past.



FEAR OF THE UNKNOWN

Change can be scary, especially when the future feels uncertain.



OVERWHELM

Too many decisions, too many things, too much to do.



LOSS OF INDEPENDENCE

Worries about losing autonomy or having to rely on others.



GUILT

Feeling they're giving up the family home or being a burden.



ACKNOWLEDGE THEIR FEELINGS.

You don't have to fix everything—just listen, validate, and reassure them they're not alone.

HOW YOU CAN PROVIDE EMOTIONAL SUPPORT



BE A GOOD LISTENER

Give them space to talk, share memories, and express concerns without interrupting.



OFFER REASSURANCE

Remind them this is about creating a better, safer, and easier life.



CELEBRATE SMALL WINS

Each decision made—no matter how small—is a step forward.



KEEP THE FOCUS ON WHAT MATTERS

Help them envision the lifestyle, freedom, and peace of mind ahead.



SHOW LOVE IN ACTION

Your time, patience, and support mean more than you know.



THE GOAL IS COMFORT, NOT PERFECTION.

Progress may be slow, but every step forward is a step toward a brighter future.

DON'T FORGET TO TAKE CARE OF YOU



SET BOUNDARIES

You can't do it all. It's okay to say no.



ASK FOR HELP

Lean on siblings, family, or friends.



TAKE BREAKS

Step away when you need to recharge.



MANAGE STRESS

Breathe, exercise, journal, or do what you love.



TALK IT OUT

Share your feelings with someone who understands.



BE KIND TO YOURSELF

You're doing an incredible thing for your parents.



YOUR LOVE IS ONE OF THE GREATEST GIFTS YOU CAN GIVE.

You don't need all the answers.

You just need to keep showing up.

You are making a lasting impact on your parents' next chapter.



Helping your parents downsize is about love, respect, and planning for their best future.

You're making a difference.

MAKING YOUR DOWNSIZING PLAN ACTIONABLE



A plan turns good intentions into real progress.
Breaking the process into manageable steps
makes everything feel more doable.

*You don't have to do everything today.
You just have to start.*



REMEMBER THIS



Small, consistent actions lead to
big, life-changing results.

5 ACTION STEPS TO GET STARTED



- 1 **CLARIFY YOUR GOALS**
Write down what you want to achieve
and why it's important to you.
- 2 **SET A REALISTIC TIMELINE**
Choose your target date and work
backwards to set key milestones.
- 3 **BREAK IT DOWN**
Divide tasks into small, manageable
steps. One step at a time.
- 4 **BUILD YOUR SUPPORT TEAM**
Gather the right people to guide,
support, and help you.
- 5 **TAKE CONSISTENT ACTION**
Focus on progress, not perfection.
Keep moving forward.

POTENTIAL CHALLENGES & HOW TO OVERCOME THEM



CHALLENGE	HOW TO OVERCOME IT
Emotional overwhelm	Take breaks, talk it out, and focus on the positive reasons behind your decision.
Not enough time	Start small. Even 15 minutes a day creates momentum.
Decision fatigue	Use a decision guide, prioritise, and don't aim for perfect.
Lack of support	Lean on your team, involve family, and don't be afraid to ask for help.
Financial concerns	Plan ahead, get professional advice, and focus on your long-term peace of mind.

MY PROGRESS TRACKER



Use this simple tracker to celebrate your wins along the way!

MILESTONE	TARGET DATE	COMPLETED ✓
Set my goals	_ / _ / _	☐
Start decluttering	_ / _ / _	☐
Research options	_ / _ / _	☐
Get home ready (if selling)	_ / _ / _	☐
Choose my next home	_ / _ / _	☐
Plan my move	_ / _ / _	☐
New chapter begins!	_ / _ / _	☐

DAILY MOTIVATION BOOSTERS



- ✓ Focus on why you started.
- ✓ Celebrate small wins.
- ✓ Progress over perfection.
- ✓ Take care of yourself.
- ✓ You are creating the life you deserve.



ENCOURAGEMENT FOR THE JOURNEY



There will be good days and tough days.
Both are part of the process.
Keep showing up for yourself.

THE BOTTOM LINE



*You have a plan.
You have a team.
You are not alone.*



*You are building
something better
for your future.*



*Every step you take
is opening the door
to new possibilities.*



*Your next chapter
is full of promise.
You've got this!*



ONE DECISION. ONE STEP. ONE DAY AT A TIME.

Your best chapter is ahead.



YOU'RE NOT JUST HELPING THEM DOWNSIZE— YOU'RE HELPING THEM THRIVE



YOUR SUPPORT TODAY CREATES THEIR BEST TOMORROW

Downsizing is about so much more than a change of address—it's about creating a lifestyle that brings more freedom, less stress, and a renewed sense of possibility.

With you beside them, your parents can move forward with confidence and peace of mind.



REMEMBER



This journey is a gift of love. You're helping your parents create a future that is safer, simpler, and filled with joy.

THE POSITIVE IMPACT OF DOWNSIZING



MORE FREEDOM

Less home to maintain means more time, energy, and opportunities to enjoy life.



IMPROVED SAFETY

Smaller, more accessible spaces reduce risks and support independent living.



FINANCIAL PEACE OF MIND

Lower costs and fewer expenses create stability and less worry.



STRONGER CONNECTIONS

Closer to family, friends, and community means more meaningful relationships.



SIMPLER, MORE PURPOSEFUL LIVING

Keeping what matters most brings clarity, comfort, and contentment.

HOW YOU CAN CELEBRATE THIS NEW CHAPTER



FOCUS ON THE EXCITEMENT

Talk about the possibilities, not just the changes.



PLAN SOMETHING TO LOOK FORWARD TO

A first dinner out, a family gathering, or exploring the new neighbourhood.



HONOR THEIR MEMORIES

Help them display keepsakes that bring joy and meaning.



CREATE NEW TRADITIONS

Every new season is an opportunity to build new, happy routines.



BE THEIR BIGGEST CHEERLEADER

Your belief in this next chapter gives them the confidence to embrace it.



A HOME THAT FITS TODAY, OPENS THE DOOR TO TOMORROW.

The right home can bring comfort, connection, and a life they truly love. You're helping make that possible.



KEEP IN MIND



Progress over perfection. Every step forward counts.



Celebrate the milestones—big and small.



Stay flexible. Plans may change, and that's okay.



Include them in decisions. Their voice matters most.



Lead with love, patience, and understanding.



YOU ARE MAKING A DIFFERENCE THAT LASTS.

One day, your parents will look back and see that this wasn't the end—it was the beginning of a more peaceful, joyful life.

Thank you for being the steady support they need and deserve.



Your love, guidance, and support today will always be one of the most meaningful gifts you can give your parents.



Every move they make forward is made easier with you by their side.

You're making a difference.

I'M HERE TO HELP YOUR FAMILY

You don't have to do this alone.



Helping your parents downsize is one of the most meaningful things you can do.

It's a journey filled with decisions, emotions, and change—but with the right support, it can also be a journey filled with relief, excitement, and new possibilities.

*I'm here to make the process easier
for your parents—and for you.*

HOW I SUPPORT YOUR FAMILY



PLAN & PREPARE

Create a personalized plan that respects your parents' goals, timeline, and needs.



ORGANIZE & SIMPLIFY

Sort, prioritize, and prepare for what's next—without the overwhelm.



SELL WITH CONFIDENCE

Navigate the selling process with expert guidance and maximum results.



FIND THE RIGHT NEXT HOME

Explore options that support your parents' lifestyle, health, and happiness.



SUPPORT EVERY STEP

I'm here to answer questions, solve problems, and provide peace of mind.

**YOU FOCUS ON BEING THEIR CHILD.
I'LL HANDLE THE REST.**



I'll take care of the details, the logistics, and the moving pieces—so you can focus on what matters most:

spending time with your parents.



**YOUR PARENTS RAISED YOU.
NOW, LET ME HELP YOU CARE FOR THEM.**



Thank you.

Thank you for being a caring, thoughtful, and supportive part of your parents' next chapter. You are making a difference that will last a lifetime.



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