

A guide for the 60+ demographic to help
navigate the move to your next home

Seniors

ON THE

MOVE



**Transitioning
to your new
home**

**Making the
best choice
for you**

**Living
with
purpose**



The Pike Group
REALTOR



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Welcome to Your Next Chapter: Downsizing made Simple

If you're reading this, chances are you're thinking about downsizing—or at least considering the idea. Maybe your home feels a little too big these days. Maybe the stairs seem steeper than they used to be. Or maybe, like so many of us, you're just ready for a fresh start with less clutter and more freedom. Whatever the reason, I want you to know one thing: You're not alone in this journey.

My name is Sandra, and helping people navigate big life transitions—especially downsizing—is something I take to heart. You see, I'm incredibly close to my parents, and when I guide my clients through this process, I treat them

the same way I treat my own family: with care, patience, and a whole lot of understanding.

Speaking of family, you'll notice something special about this booklet: the photos inside aren't just stock images—they're my actual family. And that handsome guy you'll see in some of them? That's my husband, Ben. We've been through this process with our own loved ones, so I know firsthand that downsizing isn't just about moving into a smaller space. It's about making thoughtful decisions, preserving cherished memories, and creating a home that fits the life you want to live now.

This isn't a book about "getting rid of things." It's about making room for what truly matters. Throughout these pages, you'll find practical advice, real-life stories, and a little bit of humour—because, let's be honest, moving isn't always easy, but it doesn't have to be stressful.

So, take a deep breath. You're in good hands. Let's make this next chapter one of your best chapters yet.

Warmly,
Sandra



One Key Considerations FOR SENIORS

When relocating...cont'd

Proximity to Family and Support Networks:

Seniors often prioritize living closer to children, grandchildren, or other support systems, providing both emotional connection and practical assistance.

Lifestyle and Community Engagement :

1. Many seniors seek communities with activities tailored to their interests, including 55+ neighbourhoods, cultural events, and outdoor recreation opportunities.
2. Social engagement options help mitigate isolation and promote a sense of belonging.

Health and Accessibility Requirements:

1. Preference for homes with single-level layouts, grab bars, wider doorways, and minimal stairs to accommodate mobility challenges.
2. Proximity to healthcare facilities, pharmacies, and specialists is critical for maintaining health and well-being.



One Key Considerations FOR SENIORS

When relocating...cont'd

Cost of Living :

Seniors often consider housing costs, taxes, and utility expenses to ensure financial stability. Downsizing is a popular strategy to free up resources and reduce maintenance responsibilities.

Climate and Environment :

Favorable weather conditions, such as mild winters, often influence relocation to areas with a comfortable climate.

Access to Transportation and Amenities:

Reliable access to public transportation, grocery stores, restaurants, and shopping centers is vital, especially as driving becomes less feasible.

Safety and Security:

Seniors prioritize low-crime neighborhoods and often prefer gated or walkable communities with robust security measures.



One Key Considerations FOR SENIORS

When relocating...cont'd

Future Housing Options :

Consideration of long-term care needs, such as proximity to assisted living, memory care, or in-home support services, is an important factor in relocation.

Emotional Ties and Transitioning :

Moving from a long-term home can be emotionally challenging, making a seamless and supportive transition process essential.

Opportunities for Growth and Independence:

Seniors value environments that allow them to stay active, pursue hobbies, volunteer, or engage in lifelong learning.



Two Halifax, Nova Scotia TOP CONCERNS

For seniors on the move

Halifax, Nova Scotia offers an ideal mix of affordability, healthcare access, and lifestyle amenities that cater to the wants and needs of today's seniors.

World-Class Healthcare

Institutions like QEII Health Sciences Centre deliver specialized medical services, including rehabilitation and chronic disease management programs tailored to seniors.

Affordability :

Halifax provides lower housing and living costs compared to larger cities, making it an attractive option for seniors on fixed incomes.



Three Halifax, Nova Scotia LOTS TO SEE

For seniors on the move

Senior-Friendly Housing Options :

Housing options range from bungalows and condos to retirement communities, many designed with accessibility and comfort in mind.

Green Spaces and Outdoor Recreation :

Point Pleasant Park is located at the south end of the Halifax peninsula. This historic 75-hectare wooded area is a great spot for walking your dog, running, biking, or just sitting on a bench contemplating the ocean. Much of the park is wheelchair-accessible.

Active Senior Programs :

Community centers provide fitness classes, arts programs, and volunteer opportunities specifically designed for older adults.

Mild Climate :

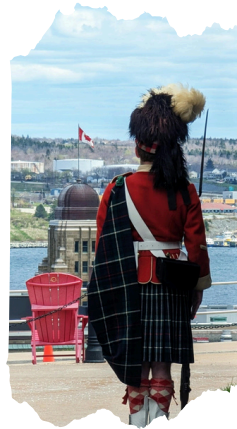
Halifax's moderate winters are more manageable for seniors, contributing to their overall quality of life.

Proximity to Major Cities :

Halifax is within a day's drive or less to other main cities in Atlantic Canada, Quebec and the U.S.

Safety and Community Atmosphere :

Halifax boasts safe neighbourhoods with a strong sense of community, ensuring a safe and secure environment for seniors.



Four Halifax, Nova Scotia STAYING ACTIVE

Something for everyone



Live Theatre

Halifax is home to a vibrant arts and culture community that enjoys considerable support and participation from the general population.

Seniors can enjoy live theatre at Neptune Theatre, Spatz Theatre and the Grafton Street Dinner Theatre.



Spectacular Christmas Lights

City Hall Light Projection:

Grand Parade comes alive in December with colourful light projections on City Hall, paired with a towering Christmas tree in front of City Hall.

Evergreen Bright: Stroll along the boardwalk to see sparkling light installations and festive decor brightening the harbour.

Public Gardens: Evenings in December, the gardens are lit with twinkling lights—a magical evening stroll.

Dartmouth's Sullivan's Pond and Christmas Tree: Lights are wrapped around the trees surrounding Sullivan's Pond, and along the bridge leading to Dartmouth's Christmas Tree, just across the street from the park.

Four Halifax, Nova Scotia: STAYING ACTIVE

Something for Everyone...cont'd

Golf Courses For All Skill Levels

Halifax and its surrounding areas offer a diverse selection of golf courses catering to various skill levels and preferences.



Throughout Nova Scotia there are several public and private golf facilities.

Get out and play 15 golf courses in and around Halifax including one private and 14 public courses.



Calling all Pickleheads!

Seniors can enjoy Pickleball at one of Halifax's 16 locations with 36 courts.



These locations contribute to a vibrant pickleball community in Halifax, providing ample opportunities for recreational and competitive play.

Four Halifax, Nova Scotia: STAYING ACTIVE

Something for Everyone...cont'd

Halifax operates a variety of public swimming facilities catering to residents' recreational and fitness needs.

01. Indoor Pools and Sports Facilities

The city manages several indoor pools, including:

Canada Games Aquatic Centre, Halifax:

A premier facility offering a 50-metre pool, diving boards, and a range of aquatic programs.

Zatzman Sportsplex: Provides swimming lessons, recreational swims, and fitness classes. Enjoy the gymnasium, track, skating fitness and weight room.

Sackville Sports Stadium: Features a pool suitable for various aquatic activities and programs.

02. Outdoor Pools:

During the summer months, typically from early July to late August, the City operates several outdoor pools, including:

Bedford Outdoor Pool

77 Shore Drive, Bedford

Halifax Commons Outdoor Pool

Halifax Mainland Commons between Cogswell Street and Bell Road, Halifax

Cole Harbour Outdoor Pool

609 Colby Drive in Dartmouth

St. Margaret's Centre

12 Westwood Blvd., Upper Tantallon

Five Halifax, Nova Scotia: INTERNATIONAL TRAVEL HUB

Enjoy good health...year round

Halifax Stanfield International Airport

Halifax International Airport is a quick, 33 km drive to Halifax. Known for convenient flight times and affordable parking, the airport offers a stress-free travel experience.

Airlines and Destinations:

The airport is served by airlines including Air Canada and WestJet, providing direct flights to both domestic and international destinations.

Facilities and Services:

Passengers can enjoy amenities like quick security procedures, and several dining options contributing to an easy and comfortable travel experience.

Ground Transportation:

Travellers can access various transportation options, including car rentals, taxis, and ride-share services like Uber.

For more information on flight schedules, services, and amenities, visit the official **Halifax Stanfield International Airport website:** halifaxstanfield.ca



Not that I would sell
me own mudder
She is the only one who has
put up for me for
all those years.....
but...
I could fetch a good
dollar for her I bet

Six Senior-focused NEIGHBOURHOODS in Halifax, Nova Scotia

Halifax features neighbourhoods and retirement communities tailored to seniors:

01

Independent Living Options:

Apartments and homes designed for seniors who need minimal assistance.

02

Assisted Living and Retirement Communities:

Residences that offer varying levels of care, including meals, personal care, and medical support.

03

Long-Term Care Homes:

Facilities for those requiring 24-hour nursing care and assistance with daily activities.

Halifax offers a variety of housing options designed for seniors. Click on the links below for more information.

caregiversns.org

anchorliving.ca

meadowridgeestates.ca

Seven Preferred LIVING ACCOMMODATIONS

Housing styles for Seniors



Condominiums:

Ideal for seniors seeking low-maintenance living, with no need for exterior upkeep such as snow removal or landscaping.

Bungalows:

The most popular choice for independent seniors due to single-level living, ease of maintenance, and accessibility features.

Retirement Communities:

These residences offer a combination of social opportunities, on-site healthcare, and security, meeting a range of lifestyle and care needs.

Eight

Why hire a Seniors Real Estate Specialist

That's an easy question!



An SRES-certified agent offers expertise in navigating the unique real estate needs of senior clients, including:

Understanding housing and financial considerations specific to seniors, such as downsizing, accessibility needs, and tax implications.

Providing knowledge of local senior housing options, retirement communities, and market trends. Offering tailored support during the emotional and logistical transition process.

Halifax, Nova Scotia combines affordability, healthcare, and a vibrant senior-friendly community, making it an excellent choice for retirees seeking an enriching and supportive environment.

Through careful planning and the guidance of experts, seniors can make well informed decisions that align with their long term needs and aspirations.



Eight

Why hire a Seniors Real Estate Specialist



That's an easy question...**cont'd**

When senior citizens are considering hiring a real estate agent, it's important to find a professional who understands their unique needs and circumstances.

Below are key factors seniors should look for when selecting a real estate agent:

01. Willingness to Provide Comprehensive Support

Assistance with Downsizing: Many seniors need help with downsizing, including decluttering and finding moving companies.

Collaboration with Family Members: The agent should be open to working with family members or caregivers to ensure the senior's best interests are prioritized.

Knowledge of Senior Housing Options: They should be familiar with senior-friendly housing, including bungalows, retirement communities, or assisted living facilities.



Eight

Why hire a Seniors Real Estate Specialist

That's an easy question...cont'd



02. Understanding Accessibility/Future Needs

Ensure the agent understands the importance of features like single-level living, grab bars, and proximity to healthcare.

03. Financial and Legal Knowledge

The agent should be familiar with tax implications (e.g., capital gains), pensions, and how selling a home may affect a senior's financial situation. They should also know about local programs or subsidies for senior housing.

04. Patience and Communication Skills

Seniors may need more time to make decisions or assistance understanding complex terms. The agent should communicate clearly and patiently. Look for someone who listens carefully to the senior's priorities and concerns.

Eight WHY HIRE A Seniors Real Estate Specialist

That's an easy question...cont'd

05. Local Market Expertise

The agent should have a strong understanding of the local market, especially neighbourhoods that are safe, senior-friendly, and close to amenities like healthcare and public transportation.

06. References and Reviews

Ask for references from past senior clients or read online reviews to gauge the agent's reputation and quality of service.

07. Experience with Senior Clients

Track Record: Choose an agent with proven experience assisting seniors, especially with tasks like selling family homes, downsizing, or relocating to retirement communities.

Eight WHY HIRE A Seniors Real Estate Specialist

That's an easy question...**cont'd**

08. Ethical Standards

Look for a licensed agent who adheres to a strong code of ethics and puts the client's needs first.

09. Comfort and Trust

Seniors should feel comfortable and confident with the agent. A good rapport and trust are critical in navigating what can be an emotional and complex process.

By considering these factors, senior citizens can ensure they find an agent who is not only qualified but also attuned to their specific needs and goals.

