

The Complete Senior Real Estate Guide

Helping Connecticut Seniors and Their Families Navigate Downsizing, Selling, and Life Transitions With Confidence



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A Word From Your Agent

Dear Friend,

Making a real estate transition later in life can feel overwhelming. Whether you're considering downsizing, moving closer to family, exploring a 55+ community, aging in place, or handling the sale of a longtime family home, there are many important decisions to make.

That's why I created this guide specifically for seniors and their families. My goal is to provide practical information, helpful resources, and guidance so you can make informed decisions with confidence and at a pace that feels right for you. Your home represents years of memories, hard work, and life experiences. Every situation is unique, and every family has different needs. You deserve a professional who will listen carefully, explain your options clearly, and help you navigate the process with patience, respect, and compassion.

As a Seniors Real Estate Specialist® (SRES®), I have received specialized training to better serve the unique needs of older adults and their families. I am also an active member of the Connecticut Senior Care Council Advisory Board, where I collaborate with trusted professionals who support seniors throughout Fairfield County and beyond.

For more than four decades, I have worked with individuals and families through important life transitions. Whether you ultimately decide to move or stay where you are, I hope this guide provides valuable information and serves as a helpful resource for you and your loved ones.

Warmly,

Kathleen S. Turner

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What's Inside This Guide

Whether you're considering downsizing, exploring senior housing options, aging in place, or helping a loved one through a transition, this guide will walk you through each step of the process.

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Bonus Resources Available: Downsizing, Probate & Inherited Homes, Senior Housing Options, Aging in Place, and Connecticut Senior Resources.





Section 1: Know Your Options

Understanding Your Choices for the Next Stage of Life

There is no "one-size-fits-all" solution when it comes to deciding where to live as you grow older. Some people want to remain in the home they love for as long as possible. Others are looking for less maintenance, more social opportunities, or a community that can provide additional support as their needs change.

As a Seniors Real Estate Specialist® (SRES®), one of the most important conversations I have with clients isn't about selling a home. It's about understanding their goals, lifestyle, health needs, finances, and family situation so they can make informed decisions with confidence.

The following overview can help you begin exploring the options available.

In-Home Care / Aging in Place

Many seniors prefer to stay in their current home with support. This can involve:

- Home health aides or visiting nurses
- Home modifications (grab bars, ramps, stair lifts)
- Adult day programs for social engagement

Independent Living Communities

All-inclusive or à la carte living for seniors who are independent but want built-in social life, dining, and services without the hassle of homeownership.

- Monthly fees typically cover rent, meals, housekeeping, activities
- No medical care provided on-site (residents arrange their own)
- Great bridge between owning a home and needing more support

Assisted Living Facilities (ALFs)

For seniors who need help with daily activities (bathing, dressing, medication management) but don't require full nursing care.

- Licensed and regulated by state agencies
- Ranges from small residential-style homes to large facilities
- Costs vary widely, typically \$4,000 to \$14,000+ per month

Continuing Care Retirement Communities (CCRCs)

The "one and done" option, offering independent living, assisted living, and skilled nursing all on one campus. As needs change, residents move through levels of care without leaving their community.

- Usually require an entry fee plus monthly fees
- Provides lifetime care security and peace of mind for seniors and families
- Strongly recommended to have an elder law attorney review the contract

Memory Care Communities

Specialized facilities designed for seniors with Alzheimer's disease or other forms of dementia. Secure environments with specially trained staff.

55+ Active Adult Communities

Designed for active, independent seniors who want a maintenance-free lifestyle surrounded by peers. Many of these communities offer amenities like golf, pools, fitness centers, and social clubs.

- Age-restricted: at least one resident must be 55+ (per the Housing for Older Persons Act)
- No skilled nursing or assisted care on-site
- Great fit for healthy, active seniors ready to downsize
- Popular brands: Del Webb, Toll Brothers Regency, and Lovley Development communities

A Conversation Worth Starting

Before you compare communities or crunch a single number, sit with one question: "What does my ideal next chapter look like?" Then share your answer with your agent. It tells us everything about how to guide you, because this was never just about selling a house. It's about designing the life you want next.



Section 2: The Downsizing Roadmap

A Step-by-Step Guide to Simplifying Your Life

Downsizing can feel overwhelming, but when broken into steps, it becomes manageable, and even a little exciting. As a Seniors Real Estate Specialist® (SRES®), I've found that every family's situation is unique. My role is to help create a plan that works for **your** timeline, priorities, and goals. Here's how to approach it:

Step 1: Define Your "Why"

Before sorting a single drawer, get clear on your motivation. Are you:

- Ready for a simpler, lower-maintenance lifestyle?
- Looking to free up equity to fund retirement or care needs?
- Moving closer to family or to a new climate?
- Transitioning into a senior community?

Your "why" will keep you motivated when the process feels hard.

Step 2: Inventory What You Have

Walk through your home room by room, and categorize belongings into:

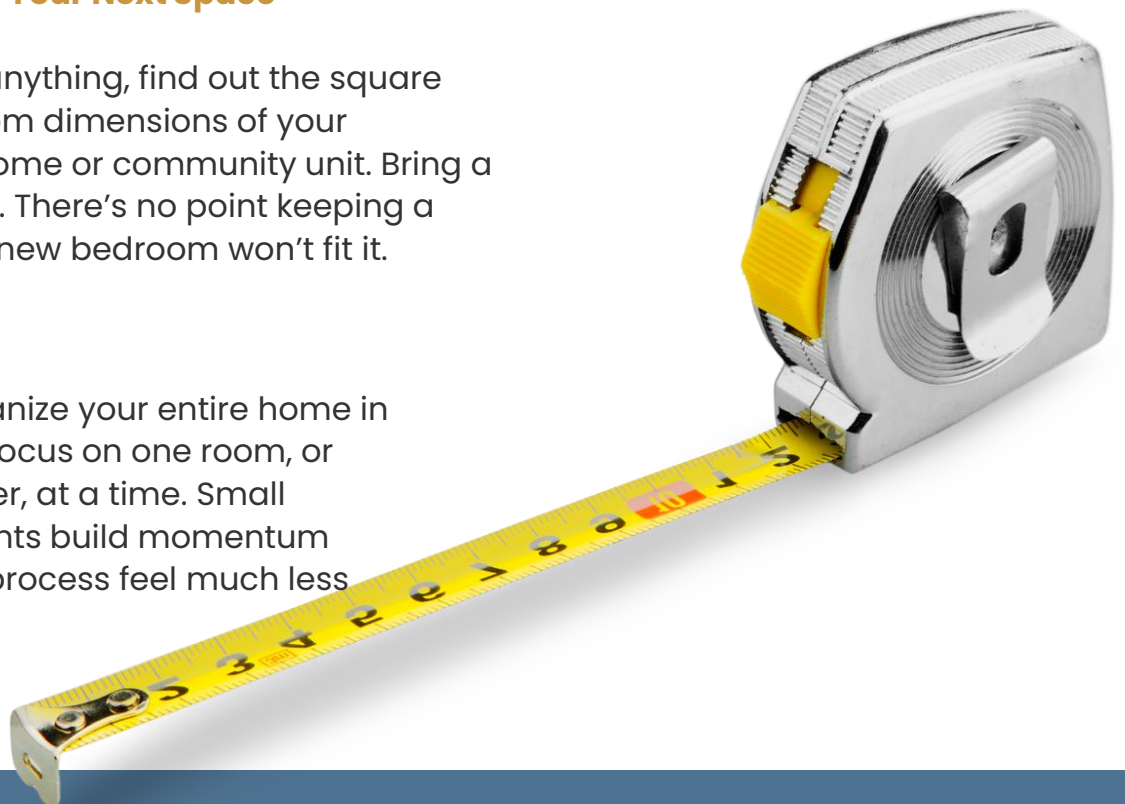
Examples	Category
Furniture that fits your next home	Keep ✓
Collectibles, antiques, duplicates	Sell 💰
Clothing, household goods	Donate ❤️
Meaningful heirlooms	Give to Family 🎁
Broken or outdated items	Discard 🗑️

Step 3: Measure Your Next Space

Before you sell anything, find out the square footage and room dimensions of your intended new home or community unit. Bring a measuring tape. There's no point keeping a king bed if your new bedroom won't fit it.

Kathleen's Tip

Don't try to organize your entire home in one weekend. Focus on one room, or even one drawer, at a time. Small accomplishments build momentum and make the process feel much less overwhelming.



Step 4: Get Help (You Don't Have to Do This Alone)

Professional resources available to seniors:

- Senior Move Managers (NASMM.org): specialists in senior transitions
- Estate sale companies: they handle pricing, marketing, and running your sale
- Junk removal services: they donate what they can and remove the rest
- Professional organizers: helpful with decision-making and sorting
- Real estate agents who specialize in seniors (that's me!)

Step 5: Preserve Family Memories

Before donating or discarding treasured belongings, consider ways to preserve the memories they represent.

Ideas include:

- Creating photo albums or digital photo books
- Scanning important documents and photographs
- Recording family stories or memories
- Passing special heirlooms to loved ones
- Labeling keepsakes with the stories behind them

Kathleen's Tip

Sometimes the story behind an item becomes the most treasured family heirloom.

Step 6: Set a Realistic Timeline

Downsizing a home full of decades of memories takes time. A realistic timeline for most seniors is 3 to 6 months from start to move. Don't rush it; but do set a start date.



After decades in the same home, it's natural to accumulate a lifetime of belongings. Sorting through them takes time, patience, and emotional energy. Give yourself permission to move at a pace that feels comfortable, and don't hesitate to ask for help.

There is no need to rush. Every person's situation is different. Whether you're planning to move in a few months, next year, or simply exploring your options, the important thing is having a plan that works for you.

A good **Senior Move Manager** can help sort, sell, donate, and coordinate your move all in one.

Step 7: Celebrate Your Progress

Moving can feel overwhelming, so take time to recognize each milestone along the way. Every step brings you closer to a simpler and more comfortable lifestyle. Celebrate accomplishments such as:

- Completing a room
- Making a donation
- Selling unneeded items or packing treasured belongings
- Choosing your next home



Section 3: Preparing the Home for a Successful Sale

First Impressions Are Everything

Preparing your home for sale doesn't mean making expensive renovations or striving for perfection. It's about presenting your home in its best possible light so buyers can appreciate everything it has to offer.

As your Seniors Real Estate Specialist®, I'll help you focus on the improvements most likely to make a positive impression while avoiding spending money on updates that may not provide a worthwhile return.

Curb Appeal

- Fresh mulch and trimmed landscaping
- Power-wash the driveway, walkway, and exterior
- Paint or replace the front door if needed
- Ensure house numbers are visible

Declutter & Depersonalize

- Remove most personal photos and family mementos
- Clear countertops in kitchen and bathrooms
- Thin out closets, since less is more when showing off storage
- Remove excess furniture to make rooms feel larger

Repairs That Matter

Not every repair is worth doing before a sale. Focus on:

Examples	High-ROI Repairs
Leaky faucets / running toilets	✓ DO Fix
Cracked caulk in bathrooms	✓ DO Fix
Burned-out light bulbs	✓ DO Fix
HVAC filter / systems check	✓ DO Fix

Kathleen's Tip: Save Your Money Before You Spend It

One of the most common questions I hear is, "What should I fix before selling?" Before spending money on repairs, let's talk first. I'll help you determine which improvements are worth making, and which ones may not be necessary.

Staging Tips for Senior Homes

- Neutral paint colors appeal to the widest range of buyers
- Let in natural light by opening blinds and curtains for showings
- Fresh flowers or plants add warmth and life
- Make bathrooms feel spa-like with clean white towels
- Eliminate pet odors, which are a major buyer turn-off
- Remove excess area rugs that could be a tripping hazard
- Arrange furniture to create open walkways.





Let's Walk Through It Together: The Pre-Listing Walkthrough

Before your home goes on the market, we'll walk through it together, room by room.

I'll point out the improvements that are likely to make the greatest impact, explain what today's buyers are looking for, and identify items that may not be worth the time or expense.

My goal is to help you prepare your home thoughtfully, maximize its appeal, and avoid unnecessary stress or costs.

Kathleen's Tip: Progress, Not Perfection

Selling your home isn't about making it perfect. It's about highlighting its best features and making smart decisions about where to invest your time and money. Together, we'll create a plan that fits your goals, timeline, and budget.



Section 4: Estate Cleanout & Home Preparation

Handling a Lifetime of Belongings



One of the most challenging parts of moving isn't selling the home—it's deciding what to do with everything you've collected over the years.

Whether you're preparing your own home, helping a parent, or settling a loved one's estate, you don't have to handle everything by yourself. With the right plan and trusted resources, the process becomes much more manageable.

Estate Sales

Estate Sale Professionals can help price, organize, market, and conduct the sale of household belongings.

- Best for homes with valuable antiques, collectibles, or quality furniture
- A good option for families who prefer professional assistance.

Kathleen's Tip: Every Home Is Different

An estate sale isn't the right solution for every family. Together, we'll discuss the options that best fit your situation.

Selling Items Online

Online marketplaces can be a convenient way to sell furniture, collectibles, household items, and other belongings before your move. Depending on the item, selling online may be a good option for items that still have value.

Donation Resources

Many charitable organizations accept furniture, clothing, household goods, medical equipment, and other usable items. Some even offer pickup services, making it easier to donate items you no longer need.

Cleanout Services

Cleanout services can remove unwanted items quickly and efficiently. Many companies also recycle or donate usable belongings whenever possible, helping to reduce waste and simplify the moving process.

Working Together for a Smoother Transition

Every transition is unique, and there's no one-size-fits-all approach. Whether you're preparing your own home, helping a parent, or settling a loved one's estate, I'll work with you to create a personalized plan based on your goals, timeline, and needs.

If additional assistance is needed along the way, I'll help connect you with trusted resources to make the transition as smooth and manageable as possible. My goal is to guide and support you every step of the way, so you never feel like you're navigating the process alone.

Kathleen's Tip: You Don't Have to Do It All Yourself

Asking for help isn't a sign of weakness; it's a smart way to reduce stress and make your transition more manageable. Whether you need guidance from the beginning or support along the way, I'm here to help you find the resources that best fit your needs.



DONATION BOX



Section 5: Understanding Your Home Equity Options

Your Home Is One of Your Biggest
Assets. Here's How to Use It.



For most seniors, their home represents the largest portion of their net worth. Understanding how to access that equity is critical to funding the next chapter of life.

A friendly note before we dive in: I'm a real estate professional, not an accountant, attorney, or financial advisor. The information in this section is provided for educational purposes to help you ask great questions. Please confirm how any of it applies to your situation with a qualified CPA, elder law attorney, or financial advisor, and I'm happy to introduce you to trusted professionals in each of these fields.

Option 1: Sell the Home

Selling your home may provide the financial flexibility to move closer to family, purchase a smaller home, or help fund retirement or future care needs.

The most straightforward path. After paying off any remaining mortgage, you receive the net proceeds from the sale. Depending on your circumstances, you may also qualify for valuable capital gains tax exclusions.

- The IRS allows a capital gains exclusion of up to \$250,000 (single) or \$500,000 (married filing jointly) on the sale of a primary residence if ownership and residency requirements are met.
- Proceeds can be used to purchase another home, help fund retirement, or cover future care needs.

Option 2: Reverse Mortgage (HECM)

A Home Equity Conversion Mortgage (HECM) allows homeowners 62+ to borrow against their home equity without monthly payments. The loan is repaid when the home is sold.

- Must be your primary residence
- Must meet with a HUD-approved counselor before proceeding
- Can receive funds as a lump sum, line of credit, or monthly payments
- Interest accrues and is added to the loan balance over time

Important: Because every situation is different, it's important to discuss a reverse mortgage with qualified financial and legal professionals before making a decision.

Option 3: Home Equity Line of Credit (HELOC)

A Home Equity Line of Credit (HELOC) may provide access to funds while allowing you to remain in your home. Because monthly payments are required, it's important to determine whether this option fits comfortably within your financial plans.

Option 4: Renting the Home

Some seniors choose to rent out their home rather than sell, creating ongoing income while preserving the asset. Consider:

- Rental income may affect Medicare/Medicaid eligibility, so consult an elder law attorney
- Property management companies can handle tenant relations for a fee (typically 8–12%)
- This works best when the senior doesn't need a large lump sum immediately

Renting may be a good option for some homeowners, but it's important to understand both the financial responsibilities and the impact on your long-term plans before making a decision.

A Thought to Remember...

Every financial situation is unique. Before making important decisions, I encourage my clients to gather information, ask questions, and understand all of their options.



Planning Ahead Makes a Difference

Planning ahead can make your transition smoother and less stressful. Understanding your home's current value, your estimated proceeds, and your desired timeline can help you make informed decisions with confidence.

Whether you're planning to move in a few months, next year, or simply exploring your options, having a plan in place gives you the flexibility to move forward when the time is right.

Kathleen's Tip: Start Planning Before You Need To

You don't have to be ready to move before we have a conversation. Many clients find that understanding their options early gives them greater confidence and more time to make thoughtful decisions.





Section 6: Financial Considerations

Protecting Your Assets Through the Transition

Financial planning is a critical part of any senior real estate transition. Here are the key areas to understand:

Please remember: Tax laws, government programs, and financial regulations can change over time and vary based on your individual circumstances. The information in this section is provided for educational purposes only. Before making financial, legal, or tax decisions, consult with qualified professionals who can provide advice based on your specific situation. If you need help finding trusted resources, I'm happy to help.

Tax Implications

- A home sale may qualify for valuable capital gains tax exclusions, depending on your circumstances.
- Inherited property may qualify for a stepped-up basis, which can affect capital gains taxes.
- Consult a qualified tax professional before making financial decisions related to the sale of your home.

Medicare & Medicaid

Many people are surprised to learn that selling a home may affect eligibility for certain assistance programs.

Because every situation is different, it's important to discuss your circumstances with an elder law attorney or other qualified professional before making decisions.

Long-Term Care Insurance

- If the senior has LTC insurance, verify what triggers the benefit and whether the chosen community qualifies.
- Benefits coordinator at the facility can often help verify coverage.

Review your policy carefully to understand the eligibility requirements, covered services, and any waiting periods before benefits begin.

Veterans Benefits

Eligible veterans and surviving spouses may qualify for benefits that help pay for in-home care or assisted living. If you or a family member served in the military, it's worth exploring the benefits that may be available.

Social Security & Pension Coordination

- A home sale generally does not affect Social Security retirement benefits.
- Some pension plans include survivor or other benefit provisions that are worth reviewing before making a move.

Your Transition Team

- Elder Law Attorneys
- Certified Public Accountants (CPAs)
- Financial Advisors
- VA-Accredited Claims Representatives
- Medicare & Medicaid Counselors

If you'd like help finding qualified professionals, I'm happy to connect you with trusted resources tailored to your individual needs.

Kathleen's Tip: Build the Right Team

You don't have to make every decision on your own. Working with qualified professionals can help you understand your options and make informed decisions with confidence.

Section 7: Programs & Benefits Available to Seniors

Resources You May Not Know About



Many older adults are surprised to learn that a variety of programs and community resources may be available to help with housing, healthcare, transportation, home maintenance, and other everyday needs. Taking the time to explore these resources may provide valuable support for you or a loved one.

Housing Assistance Programs

- HUD Housing Counseling: free or low-cost advice on renting, homeownership, and avoiding foreclosure (hud.gov)
- Section 8 / Housing Choice Voucher Program: income-based rental assistance
- USDA Rural Housing Programs: grants and loans for home repair for low-income rural seniors
- State Property Tax Relief Programs: many states offer exemptions or deferrals for seniors (check your state's Department of Revenue)

Home Repair & Modification Programs

- Weatherization Assistance Program (WAP): free energy efficiency improvements for low-income residents.
- Home Repair Programs through Area Agencies on Aging (eldercare.acl.gov)
- Rebuilding Together: a nonprofit that provides free home repairs to low-income seniors (rebuildingtogether.org)

Healthcare & Support

- SHIP (State Health Insurance Assistance Program): free Medicare counseling in every state
- PACE (Program of All-Inclusive Care for the Elderly): allows some nursing-home-eligible seniors to remain at home
- Meals on Wheels: available in most communities
- Area Agencies on Aging (AAA): your local resource hub for ALL senior services (eldercare.acl.gov or call 1-800-677-1116)

Community Resources

- Senior centers: most communities have free or low-cost centers with activities, meals, and transportation
- AARP programs: tax prep assistance, driver safety courses, and community resources
- Local library programs: free technology help, social programs, and resources

Kathleen's Tip: Ask Before You Assume

Many people miss out on valuable programs simply because they don't realize they may qualify. If you think a resource might be helpful, it's always worth asking.

Looking for Local Resources?

Many programs and services vary by town, county, and state. If you're looking for information specific to your community, I'd be happy to help you identify resources that may fit your needs.

Whether you're planning ahead or helping a loved one, I'm here to help you find the resources that best fit your needs.





Section 8: Choosing the Right Real Estate Professional

Why Specialized Experience Matters

Choosing the right real estate professional is one of the most important decisions you'll make during your transition. It's about more than experience. It's about finding someone who understands your goals, listens carefully, communicates clearly, and earns your trust.

Selling a home later in life often involves much more than a real estate transaction. It may include downsizing, helping a loved one, planning for future care, or settling an estate.

Working with a real estate professional who has experience serving older adults can help make the process smoother, less stressful, and better organized. The SRES® (Seniors Real Estate Specialist®) designation reflects specialized education focused on the unique real estate needs of older adults and their families.

What to Look For in a Real Estate Professional

- Experience helping older adults and their families navigate life transitions
- SRES® designation (Seniors Real Estate Specialist®)
- Strong network of senior-focused vendors (move managers, elder law, etc.)
- A patient, compassionate approach with clear communication throughout the process with a willingness to work at your pace, not theirs

Questions to Ask a Potential Agent

- How many senior clients have you worked with in the past year?
- Do you have an SRES® designation or senior-specific training?
- Can you refer me to a senior move manager, estate sale company, or placement specialist?
- How do you handle family dynamics when adult children are involved?
- What is your process for homes that need preparation before listing?
- How will you help me if I'm not ready to move yet?

Red Flags to Avoid

- Agents who rush you to list before you're ready
- Agents who minimize the emotional difficulty of leaving a long-time home
- Agents without any senior-specific training or resources
- Agents who don't ask about your next steps, only the sale
- Agents who recommend expensive improvements before understanding your goals and budget.



My Commitment to You

As a Seniors Real Estate Specialist® (SRES®), I understand that moving later in life is about much more than buying or selling a home. Every client has a unique story, different priorities, and their own timeline.

My commitment is to listen carefully, answer your questions, and help you understand your options so you can make informed decisions with confidence. Whether you're planning ahead, downsizing, helping a loved one, or settling an estate, I'll provide guidance, clear communication, and support throughout the process.

To better serve my clients, I continue to invest in professional education and advanced training, including earning the Seniors Real Estate Specialist® (SRES®) designation. My commitment is to provide knowledgeable, compassionate guidance, clear communication, and the support you need to make informed decisions with confidence throughout your real estate journey.



Section 9: Your Senior Transition Checklist

Your Step-by-Step Checklist

Use this checklist as a guide to help you stay organized and confident throughout your senior real estate transition.

□ Phase 1: Planning Your Transition

- Define your “why” and ideal next living situation
- Explore housing options that best fit your lifestyle, needs, and future plans.
- Meet with an elder law attorney to review financial and estate planning
- Meet with a CPA to understand tax implications of your home sale
- Review any long-term care insurance policies
- Check VA benefits eligibility if applicable
- Choose a real estate professional who understands your goals and has experience helping older adults through life transitions.

□ Phase 2: Preparation

- Complete pre-listing walkthrough with your agent
- Make prioritized repairs identified in the walkthrough
- Begin downsizing by sorting belongings into keep/sell/donate/discard
- Arrange for an estate sale, a donation, or cleanout services if needed.
- Schedule cleanout or junk removal services if needed.
- Deep clean and stage the home
- Gather important documents such as your deed, insurance information, warranties, HOA documents (if applicable), utility records, and estate planning documents.

□ Phase 3: Listing & Selling

- Review and sign listing agreement
- Professional photos and marketing materials prepared
- Review all offers with your agent
- Negotiate terms that work for your timeline
- Coordinate your closing and move-in timeline.



□ Phase 4: Transition & Move

- Confirm move-in date and arrangements with new community
- Hire senior move manager if needed
- Notify Social Security, Medicare, financial institutions, insurance providers, and other organizations of your new address as needed.
- Transfer or cancel utilities, subscriptions, mail
- Update estate documents (will, POA, healthcare proxy) with new address
- Celebrate your accomplishment! You've successfully completed an important life transition.

A Thought to Remember....

A checklist isn't about finishing everything quickly; it's about staying organized and reducing stress. Move at a pace that feels right for you and celebrate each step along the way.





Section 10: Frequently Asked Questions

Q: How long does the process typically take from start to move?

A: For most seniors, the full transition, from deciding to sell through moving into a new community, takes 4 to 8 months. Downsizing and home preparation can take several months, followed by the listing and sale process (typically 30–90 days in most markets).

Q: What if I want to sell but I'm not ready to move yet?

A: Many agents can structure a sale with a delayed or extended possession date, giving you time to transition. This is especially common in senior transactions. Discuss your timeline needs upfront and I'll structure the sale accordingly.

Q: Will my home need to be empty before it sells?

A: No. In fact, a well-furnished home often shows better than an empty one. However, the home should be decluttered and depersonalized. We can work with what's there and address the full cleanout after closing if needed.

Q: Can I stay in my home while it's listed for sale?

A: Absolutely. Most sellers live in their homes during the listing period. We'll work around your schedule for showings and give you as much notice as possible before each one.

Q: What if my adult children disagree about the sale?

A: Family dynamics are one of the most complex parts of senior real estate transitions. I'm experienced in facilitating family conversations and making sure the senior's wishes remain at the center. If needed, I can also recommend a mediator or elder law attorney.

Q: How do I know which senior housing option is right for me?

A: Visit in person, ideally more than once and at different times of day. Attend a meal or community event. Talk to current residents. Ask about the management, financial stability of the community, and what happens if your care needs increase.

Q: How much money will I actually receive after selling my home?

A: Your net proceeds = Sale Price minus: remaining mortgage balance, agent commissions, closing costs, any negotiated repairs or seller concessions. I'll give you a detailed Net Proceeds estimate before we list so there are no surprises.

Q: Are there programs and resources available to help seniors?

A: Yes. Contact your local Area Agency on Aging (eldercare.acl.gov or 1-800-677-1116). There are a variety of programs and community resources that may help with housing, home repairs, transportation, meals, healthcare, caregiver support, property tax relief, and other services. Because availability and eligibility vary by location, I'm happy to help you identify resources that may fit your needs.



Whenever You're Ready, *I'm Here to Help.*

Moving later in life is about much more than buying or selling a home. It's about making thoughtful decisions that support the life you want moving forward.

Whether you're simply gathering information, planning ahead, or ready to take the next step, I'm happy to answer your questions and help you understand your options.

There is never any pressure, just honest guidance, thoughtful planning, and support when you need it.

I'd be honored to help you and your family navigate the journey ahead.



Kathleen S. Turner

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Real Estate Professional

LET'S STAY IN TOUCH

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Thank you for allowing me to be part of your journey.
I hope this guide gives you greater confidence as you plan your next steps.

This guide is provided for educational purposes only. Information may change over time.

Always consult qualified legal, tax, financial, and healthcare professionals regarding your individual circumstances.