

A Nation at the Crossroads: Understanding the Complex Choices of Senior Relocation in Australia

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Senior Relocation in Australia*

SYDNEY, NSW, AUSTRALIA, July 20, 2025 /EINPresswire.com/ -- As Australia's population ages, older Australians are increasingly confronted with complex decisions about where and how they will live out their later years. With over 4.4 million Australians aged 65 and older as of 2023—a number projected to grow to 8.8 million by 2057—the balance between aging in place, downsizing, or entering aged care is becoming a central issue for families, health professionals, and policymakers alike (Australian Institute of Health and Welfare [AIHW], 2023).



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Catherine Kuipers

According to National Seniors Australia, 83% of older Australians express a strong preference to “age in place,” remaining in their homes for as long as possible (NSA, 2020). However, practical barriers often complicate this ideal. Many seniors live in homes that were not designed for aging bodies—featuring stairs, narrow doorways, or inaccessible bathrooms. For those in remote and regional areas, access to adequate in-home care, medical services, and transportation is often inconsistent or entirely unavailable.

Despite these obstacles, only around 20% of Australians

over 70 eventually transition into retirement living or aged care facilities (Productivity Commission, 2021). The decision to relocate is frequently delayed until a crisis—such as a fall,

hospitalisation, or death of a spouse—forces urgent action, leaving little time for planning or emotional preparation.

The key challenges seniors face include:

- Financial constraints: The costs of downsizing or entering residential aged care—such as stamp duty, aged care accommodation bonds, and moving expenses—can be prohibitive, especially for those on fixed incomes.
- Emotional resistance: Seniors often have deep emotional attachments to their homes, communities, and belongings, making it psychologically difficult to consider a move.
- Lack of support systems: For seniors without nearby family or advocates, managing the logistics of a move can be overwhelming.
- Limited regional options: Older Australians in rural or remote areas may find no nearby aged care or supported living facilities, and relocation could mean leaving their community and familiar surroundings.

“While ageing in place is a deeply held aspiration for many, it is not always the safest or most feasible option,” said Catherine Kuipers, CEO [Two Men and a Truck](#) Australia Pty Ltd, a specialist in senior move management. “Families often reach out when the situation is urgent, but earlier planning can prevent trauma and provide more choices.”

Two Men and a Truck offers [The Right Step](#), a tailored relocation service for senior Australians helping navigate the logistical, emotional, and physical demands of moving. Their compassionate team handles everything from downsizing and packing to transportation and resettling in a new home or facility—whether in metropolitan areas or the most remote communities.

The company is also advocating for increased public awareness and targeted policy responses, including:

- Expansion of aged care services in regional areas
- Government support for move management programs
- Education for families about early planning for relocation

“We believe a well-supported move can be empowering, not distressing,” Catherine Kuipers added. “Our goal is to make later-life transitions as smooth, dignified, and respectful as possible.”

About Two Men and a Truck Australia Pty Ltd

Two Men and a Truck Australia is a national leader in relocation services with over 35 years of experience. The company provides comprehensive moving support for seniors, families, and professionals, specialising in respectful, hands-on services that reduce stress and promote wellbeing throughout major life transitions.

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