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# Empty Nest

## or Room for Your **Next Chapter?**

By Amy Fischer

**A**s summer vacations end and the new school year begins, trees shift in color, and the air turns crisp. Grown children look forward to exciting new beginnings as they head off for college or other opportunities.

What may once have been a busy family home filled with laughter may now slow down. Quieter spaces create time for reflection. A home becoming an empty nest may at first make you nostalgic for the past, but instead, could be an opportunity to help you focus on the future. Let it free you to dream big and design life's next chapter.



Kitchen by Spectrum Interior Design

Here are several options for your empty nest, followed by steps you can take to explore the possibilities.

### Downsize and Fly Free

With the kids gone, does your home feel oversized? Does it require more maintenance and care than you want to put in? Could a smaller home free up your energy to enjoy more hobbies and travel?

### Reorganize and Repurpose

Are there rooms in your home that could better serve your new favorite hobbies or leisure activities? Could repurposing rooms allow you to reflect your mature aesthetic more authentically? Often the simple acts of purging and decluttering open up new possibilities.

### Reinvent by Remodel

Have you always dreamed of a larger chef's kitchen or expanded closet to enhance your daily routine? Could revisiting your current floor plan and exploring additional space improve your overall quality of life?

### Design and Build

Do you love your current location but have always dreamed of having a custom home that reflects your lifestyle? Consider designing and building on your existing property, using your knowledge of your preferred views and best sunlight locations.

Not sure which option is for you? Maybe you want a change, but are so used to your current home and so familiar with your regular routine that you don't have the ideas or solutions yet. Not to worry. Well-qualified architects, designers, and builders can guide you through this process.

### Getting Started

Before engaging a team for any remodel or custom build project, brainstorm and compile your wish list of desires. Starting ideas could include:

- List rooms of importance, and any specific size parameters.
- Make notes of the issues in your current home that you would like to resolve.
- Reflect on how you would like to feel in the different spaces of your home.
- Collect images to support what you may not be able to articulate and note what you like and dislike about each image.

Once you have the start of your thought process down, interview professionals who will help you explore the possibilities. With the right team in place, you can relax, trust, and enjoy the process of bringing your dreams to life.

To learn more or be further inspired, visit:  
[www.spectruminteriordesign.com](http://www.spectruminteriordesign.com).

*Amy Fischer is the founder and principal interior designer of Spectrum Interior Design, the leading Silicon Valley firm specializing in full-service luxury design for newly constructed homes and speculative estates.*