

How to:

Grow your super with a downsizer contribution

If you're thinking about selling your home, you may be able to add some of the proceeds to your super.

This guide explains how downsizer contributions work, if you're eligible, and how to get started.

Downsizer contributions in 60 seconds

- You can contribute up to **$300,000 from the sale of your home** (or $600,000 as a couple)
- You must be **55 or older**
- Your home must have been owned for **10 years or more**
- You don't need to buy another home
- The contribution must be made **within 90 days of settlement**

The upside of downsizing

A downsizer contribution could help you:

Boost your super

Increase your retirement savings for greater financial stability.

Maximise your contributions

Downsizer contributions don't count toward any contribution caps, so you can make a significant boost to your super without paying excess contributions tax.

Gain peace of mind

More super means more options for your retirement lifestyle, travel, or personal goals.

Check if you're eligible

You can make a downsizer contribution if:

- you're 55 or older
- your home is in Australia and is not a caravan, houseboat or other mobile home
- your home is owned by you and/or your spouse and has been for 10 years or more prior to the sale and is exempt (fully or partially) from capital gains tax
- you have not previously made a downsizer contribution to super from the sale of another home
- you use an *ATO Downsizer contribution into super* form (NAT 75073) for each contribution.

You have 90 days to make your downsizer contribution

Your downsizer contribution needs to be in your CBUS account within 90 days of settlement.

You may be able to request a longer period to make your downsizer contribution in some circumstances. You should request an extension from the ATO before the 90-day period has expired.

You can find the full list of eligibility criteria on the ATO website: **ato.gov.au/downsizing**

How to make a downsizer contribution

1 Complete the ATO form

Download the *Downsizer contribution into superannuation* form at **ato.gov.au/downsizing** and include your CBUS member number on the form.

2 Send your ATO form to CBUS before or with your contribution

Make sure we receive your ATO form before, or at the same time as, your downsizer contribution. If we don't, it may be treated as a personal contribution, which has different rules and limits. This could mean it's returned to you or taxed at a higher rate. For more information, see our *Making extra contributions factsheet* at **cbussuper.com.au/forms**.

3 Make your downsizer contribution to your CBUS account within 90 days of settlement

Log in to your account online to find your unique Downsizer BPAY® reference or make your contribution by electronic funds transfer or cheque. Visit **cbussuper.com.au/downsizer** for instructions.

If your spouse is making a downsizer contribution, they'll need to have a separate super account and submit a separate *Downsizer contribution into superannuation* form.

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Meet Alex and Nadia



Alex and Nadia are selling their family home as they get ready for retirement.

Alex and Nadia are planning for retirement and thinking about selling their home. They hope to sell it for at least $600,000.

How much they can contribute depends on the sale price they get and how they choose to split the proceeds between their super accounts.

Scenario 1

Higher-than-expected sale

Alex and Nadia sell their home for $800,000, which is much more than they expected. As a result, they each contribute up to $300,000, into their super accounts.

They maximise their downsizer contribution opportunity and still have $200,000 left over to support cash flow, fund a purchase, invest outside super or make a personal contribution to their super.

Scenario 2

Expected sale price

Alex and Nadia sell their home for $600,000, which was the price they'd hoped for. They can each contribute up to $300,000 into their super accounts.

They still maximise their downsizer contributions, but the entire sale proceeds are moved into super, leaving no funds outside super from the sale.

Scenario 3

Lower-than-expected sale ($400,000)

Alex and Nadia sell their home for $400,000, which is not what they were hoping for. Because total contributions cannot exceed the sale price, they must decide how to split the amount between them.

They could choose to contribute:

- $300,000 to one account and $100,000 to the other
- $200,000 each, or
- other combinations such as $250,000 and $150,000 or less.

They're still able to make downsizer contributions, but the total combined contribution is limited to the sale price of $400,000. This means they need to carefully decide how to allocate contributions between their accounts and whether they want to maintain any funds outside of super.

Need a hand?

If you're considering making a downsizer contribution, our Advice team can help you understand your options.

Call us on 1300 361 784 (8:30am to 6pm AEST/AEDT, Monday to Friday).

Visit cbussuper.com.au/advice

Things to consider before you decide

You don't need to buy another home	To make a downsizer contribution to your super, you only need to sell your home and meet the eligibility criteria. There's no requirement to purchase another home.
There's no upper age limit	If you're 55 or older and meet the eligibility criteria, you can make a downsizer contribution after selling your home. This includes later in life – for example, if you move into residential care.
Downsizer contributions aren't tax deductible	Downsizer contributions aren't tax deductible. They could also affect your Age Pension eligibility, depending on the asset and income tests.
Age Pension asset and income tests are impacted	Downsizer contributions are counted when your Age Pension eligibility is assessed under the asset and income tests.
Downsizer contributions don't count toward any super contribution caps	Downsizer contributions sit outside your normal super contribution caps (concessional or non-concessional). This means you may still be able to contribute, even with a total super balance above $2.1 million.
You can't make a downsizer contribution into an income stream (pension) product	A downsizer contribution can only be paid into a super account. If you're no longer working and don't have a CBUS account, you can open a CBUS Personal Super account. You can join easily at **cbussuper.com.au/join** or call us on **1300 361 784**.
If you're transferring funds into a super income stream account, your transfer balance cap may be impacted	The transfer balance cap is the limit for how much super you can transfer into tax-free retirement accounts. The general transfer balance cap is currently $2.1 million per person across all your tax-free retirement accounts. However, your personal transfer balance cap may be less than $2.1 million if you commenced a tax-free retirement account prior to 1 July 2025. It's your responsibility to determine whether the total amount across all your tax-free retirement accounts is under your cap.
You can make multiple downsizer contributions	You can make multiple downsizer contributions from the sale of your home, providing the total of all your contributions doesn't exceed $300,000 or the total sale of your home (less any downsizer contributions your spouse has made). If you make multiple downsizer contributions or downsizer contributions to different super funds, you'll need to provide a separate *Downsizer contribution into super* form for each contribution.
You can withdraw your downsizer contribution	You can withdraw as much from your super as you need when you are over the age of 60 and have retired, or over the age of 65. For example, if you need extra funds to buy another home, you can withdraw some or all of your downsizer contribution at any time. If you are under the age of 65, certain conditions need to be met to withdraw your funds and there may be tax implications if you are under age 60.
Both spouses can make a downsizer contribution even if only one spouse owns the home	If your home was only owned by one spouse, the spouse that did not have an ownership interest may also make a downsizer contribution, or have one made on their behalf, provided they meet all other requirements.
Increases in your total super balance may affect your ability to make future contributions	Downsizer contributions will impact your total superannuation balance, which is recalculated at the end of each financial year. This may impact your ability to make non-concessional contributions in the following financial year, especially if your total super balance is above the general transfer balance cap which is $2.1 million for the financial year 2026-27.

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Monday to Friday

Chat in person in Adelaide, Brisbane, Melbourne, Perth and Sydney. Locations: **cbussuper.com.au/contact**
Log in to chat to us online: **cbussuper.com.au/login**

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