

DOWNSizer CONTRIBUTION

If you're considering selling your home, you may be able to contribute up to \$300,000 of the proceeds to your Media Super account using a downsizer contribution.

A downsizer contribution, available to anyone aged 55 or over, allows you to contribute up to \$300,000 as an individual or \$600,000 as a couple from the sale of your home.

To be eligible, you or your spouse must have owned your home (in Australia) for at least ten years and at the time of sale, your home was the main residence for you or your spouse for tax purposes*.

You can only make a downsizer contribution once – you can't make a downsizer contribution if you sell a second home – and your contribution can't be greater than what you sold your house for.



July 2025

This information is about Media Super. It doesn't account for your specific needs. Please consider your financial position, objectives and requirements before making financial decisions. Read the relevant Product Disclosure Statement (PDS) and Target Market Determination to decide what's right for you. Call **1800 640 886** or visit mediasuper.com.au.

United Super Pty Ltd ABN 46 006 261 623
AFSL 233792 as Trustee for the Construction
and Building Unions Superannuation Fund.
ABN 75 493 363 262 offering Media Super
products (Media Super).

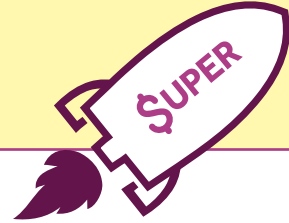
MySuper authorisation:
75 493 363 262 473.

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*Your main residence is generally exempt, or partially exempt, from Capital Gains Tax (CGT). If you acquired the residence before 20 September 1985 it is classified as pre-CGT and is exempt from CGT. Please see ato.gov.au for more.

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 contributions 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.

Here's how it works

If...	Then...
Alex and Nadia sell their home for \$800,000	➔ Alex and Nadia can make a downsizer contribution of up to \$300,000 each into their super.
Alex and Nadia sell their home for \$400,000	➔ Alex and Nadia's downsizer contributions can't exceed \$400,000 in total. They can choose to contribute \$200,000 each or they may split it – for example, \$300,000 for Alex and \$100,000 for Nadia.
Alex and Nadia sell their home for \$600,000 and only Nadia's name is on the title.	➔ Both Alex and Nadia meet all the other requirements, so they can both make a downsizer contribution of up to \$300,000 each.



Did you know?

You don't have to purchase another home to make a downsizer contribution. You only need to sell your home and meet the eligibility criteria.

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You have 90 days to make your downsizer contribution

Your downsizer contribution needs to be in your Media Super account within 90 days after settlement. You must also provide the ATO's *Downsizer contribution into superannuation* form either before or when you make the contribution.

You may be able to request a longer period to make your downsizer contribution in some circumstances. You should request an extension from the Australian Taxation Office (ATO) before the 90-day period has expired. See ato.gov.au/downsizing for more information.

Your eligibility

You're eligible to make a downsizer contribution to your super if:

- you're age 55 or over
- you have not previously made a downsizer contribution to super from the sale of another home
- your home has been owned by you and/or your spouse for 10 years or more, generally calculated from the date of settlement of purchase to the date of settlement of sale
- your home is in Australia and is not a caravan, houseboat or other mobile home, and
- at the time of sale, your home was the main residence for you or your spouse for tax purposes*.

How to make a downsizer contribution

To make a downsizer contribution to Media Super, you'll need to:

1) Open a Media Super account if you don't already have one

Simply visit mediasuper.com.au/join to join Media Super.

If you're still working and receiving super contributions from an employer, you'll need a Media Super Industry account. If you're not working, you could consider opening a Media Super Personal account.

2) Complete the ATO's *Downsizer contribution into superannuation* form

You can download a copy of the *Downsizer contribution into superannuation* form at ato.gov.au/downsizing. You'll need to include your Media Super member number on your form.

3) Submit your form to us before or with your downsizer contribution

If we don't receive your form prior to, or when you make your downsizer contribution, your contribution will be treated as a personal contribution which has its own set of rules and limits. In some cases, this means your contribution may be returned to you or it might be taxed at a high rate. See our *Making extra contributions* fact sheet at mediasuper.com.au/forms for more information.

4) Make your downsizer contribution (must be within 90 days of settlement) to your Media Super account

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



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

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What you need to be aware of

You don't need to purchase 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	To make a downsizer contribution you need to be 55 years or older – there's no upper age limit. So if you're 90 and sell your home to move into residential care, you can still make a downsizer contribution providing you meet the eligibility criteria.
Downsizer contributions are not tax deductible	Your downsizer contribution is not tax deductible and it may affect your Age Pension eligibility through the asset and income tests.
Age Pension asset and income tests are impacted	Your downsizer contribution will be included in the asset and income tests when determining your eligibility for the Age Pension.
Downsizer contributions don't count toward any super contribution caps	Your downsizer contribution doesn't count toward your contributions caps and can be made even if your total super balance is greater than \$2 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 Media Super account, you can open a Media Super Personal account. Visit mediasuper.com.au/join or call us on 1800 640 886 .
If you're transferring funds into a Fully Retired 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 (like a Fully Retired Super Income Stream account). The general transfer balance cap is currently \$2 million per person across all your tax-free retirement accounts. However, your personal transfer balance cap may be less than \$2 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 <i>Downsizer contribution into super</i> 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 of the 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 million for the financial year 2025/26.

We're here to help

If you're considering making a downsizer contribution, we can help. Our Advice team can help you understand your options and offer different levels of guidance depending on what you need. Call our Advice team on **1800 640 886** (8:30am to 6pm AEST, Monday to Friday).

Visit mediasuper.com.au/advice for more information on our Advice Services and how we can help.



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1800 640 886
8am to 8pm (AEST/AEDT)
Monday to Friday



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Visit us in person in Adelaide, Brisbane, Melbourne, Perth and Sydney.
Details: mediasuper.com.au/contact