

Senior Living

**Current Trends and Important Issues
Concerning Options in Community Living**

Today's Discussion

- **What is your situation**
- **What if**
- **What if, but**
- **What are the trends**
- **What are the choices**
- **What should you do**



What Are the Important Issues

Ask: What is My Situation

- **What is my home circumstance**
 - **Where do I live**
 - **Who else lives with me**
- **What is my family situation**
- **What is my support system**
- **What are my financial means**
- **What is my general state of health at this moment**
- **What happens if any of these circumstances change**



Ask: What If

- **My house | condo becomes too much to handle**
- **My family moves away**
- **I fall**
- **I fall, again**
- **My financial circumstances change**
- **If my forgetfulness isn't just a normal sign of aging**
- **I need to become the caregiver**
- **My spouse | partner passes away**
- **The next five years don't look like the last five years**



Ask: What If...but

- **I could put a plan in place for the future**
- **I could take up a new hobby | skill**
- **I could enjoy the future with new friends**
- **I didn't have to be the caregiver**
- **I didn't have to cook or clean**
- **My kids didn't have to worry about me**
- **I didn't have to worry about me**
- **I could make a choice now before the choice is made for me**



What Are the Trends

What is not changing

- **Why one chooses a senior living community**
- **Senior Communities are local**
- **Average age at move-in 80+**
- **The best communities and organizations have a passion for service and care**
- **Resident satisfaction is key to success**

What is Changing

- **Aging in Place vs Aging in a Community**
- **Choices for Community Living**
- **Other**
 - ✓ **Short-term Respite Care**
 - ✓ **Adult Day Stay Programs**
 - ✓ **Government | Insurance**
- **Bigger Focus on**
 - ✓ **Wellness**
 - ✓ **Person-centered care**
 - ✓ **Hospitality**
 - ✓ **Design**

Aging in Place vs Community Living

Aging in Place

- **Government support of this trend**
- **Companies focused on making this happen (home health)**
- **Downside:**
 - ✓ Home- based services lack "community" benefits
 - ✓ Delays move in, which can add degree of frailty to independent living
 - ✓ Circumstances can change

Community Living

- **Socialization**
- **Support & services**
- **Holistic approach (mental, social, physical and spiritual elements)**
- **Peace of mind**

Senior Living

Options in Community Living

Senior Housing

- **Both a place and a way to live**
- **Today's seniors have an opportunity to live life on their own terms**
- **Choices for senior housing are evolving and expanding**
 - ✓ **Senior population increasing**
 - ✓ **Market evolves to meet needs, desires**
- **Senior housing is generally viewed in several categories**
 - ✓ **Some facilities offer more than one category option**

Active Senior Living

- **Variety of housing options within a community geared to those over 55**
- **Apartments | condominiums | single detached houses**
- **Focus on activities and services appealing to seniors:**
 - ✓ **Lifelong learning classes**
 - ✓ **Seminars | Workshops**
 - ✓ **Recreation | Cultural outings**
 - ✓ **Travel options**
 - ✓ **Proximity to outdoor sports**
 - ✓ **Wellness**

Senior Apartments

- **Housing marketed to people over 55**
- **No support services offered:**
 - ✓ **No available staff**
 - ✓ **No housekeeping services**

Care Homes

- **Generally found in neighborhoods**
- **Usually privately owned**
- **State-licensed**
- **Non-medical care**
- **Six or fewer residents**
- **More cost-effective than other types of senior housing**
- **Provide a more home-like environment**

Independent Living

- **Residential housing similar to apartment or condo complex**
- **Added benefit of 24-hour staff**
 - **Medical emergencies**
 - **Housekeeping services**

Assisted Living Facilities

- **Includes private apartments**
 - ✓ **Studio**
 - ✓ **One-bedroom**
 - ✓ **Two-bedrooms**
- **24-hour staff**
 - ✓ **Assist with activities of daily living (ADL's)**
- **Level of care varies**
 - ✓ **From light housekeeping to extensive personal assistance**

Skilled Nursing Facilities

- **Also known as**
 - ✓ **Nursing Homes**
 - ✓ **Rehabilitation Facilities**
- **24-hour medical care**
- **Private and semi-private rooms**

Memory Care

- **Individual apartments or private rooms**
- **Safe and controlled atmosphere**
- **24-hour trained medical staff**
- **Free-standing or in a designated area as part of a larger assisted living or skilled nursing facility or senior care community**

Continuing Care Retirement Communities (CCRC's)

- **Continuum Of Care**
 - ✓ **Housing**
 - ✓ **Services**
 - ✓ **Health care**
- **Assisted living is not always included**
- **Skilled nursing care always available (on or off-site)**
- **Contract to residents guaranteeing housing and nursing services (often for a lifetime)**
- **"Home health" services provided at additional cost**

Things to consider before choosing

- **Buy in (equity or sunk cost)**
- **Cost per month (prix fixe vs à la carte)**
- **Continuum of care**
 - ✓ Post acute
 - ✓ Rehabilitation
 - ✓ Out-patient therapies
- **Medication management**
- **On-site nurses**
- **Dementia care**
- **Meals per day**
- **Personal services**
- **Activities**
 - ✓ Wellness
 - ✓ Lifestyle
- **Transportation**
- **Accessible**



Things to Remember

- **What is your personal situation**
 - ✓ Financial
 - ✓ Family
 - ✓ Support
 - ✓ Faith
 - ✓ Home situation
- **Always Better To Plan Well In Advance**
 - ✓ Crisis situation can lead to crisis decisions
- **Thriving vs. Surviving**
- **None Of This Is Easy, But We're Here To Help**

You Have a Choice



**It's better to plan
rather than wait
until the choice is
made for you**

Thank You
