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

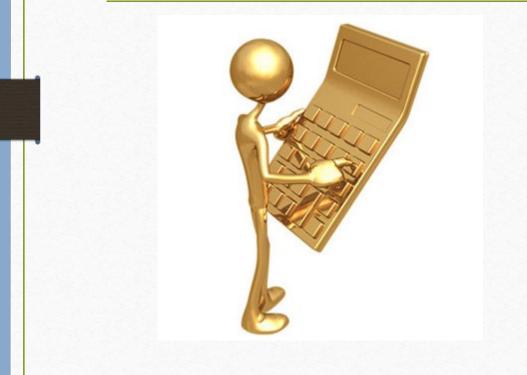
- Meals per day
- Personal services
- Activities
 - ✓ Wellness
 - ✓ Lifestyle
- Transportation
- Accessible

Things to Remember

What is your personal situation

- ✓ Financial
- ✓ Family
- ✓ Support
- 🗸 Faith
- \checkmark 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