# Retirement - Live with Purpose & Passion

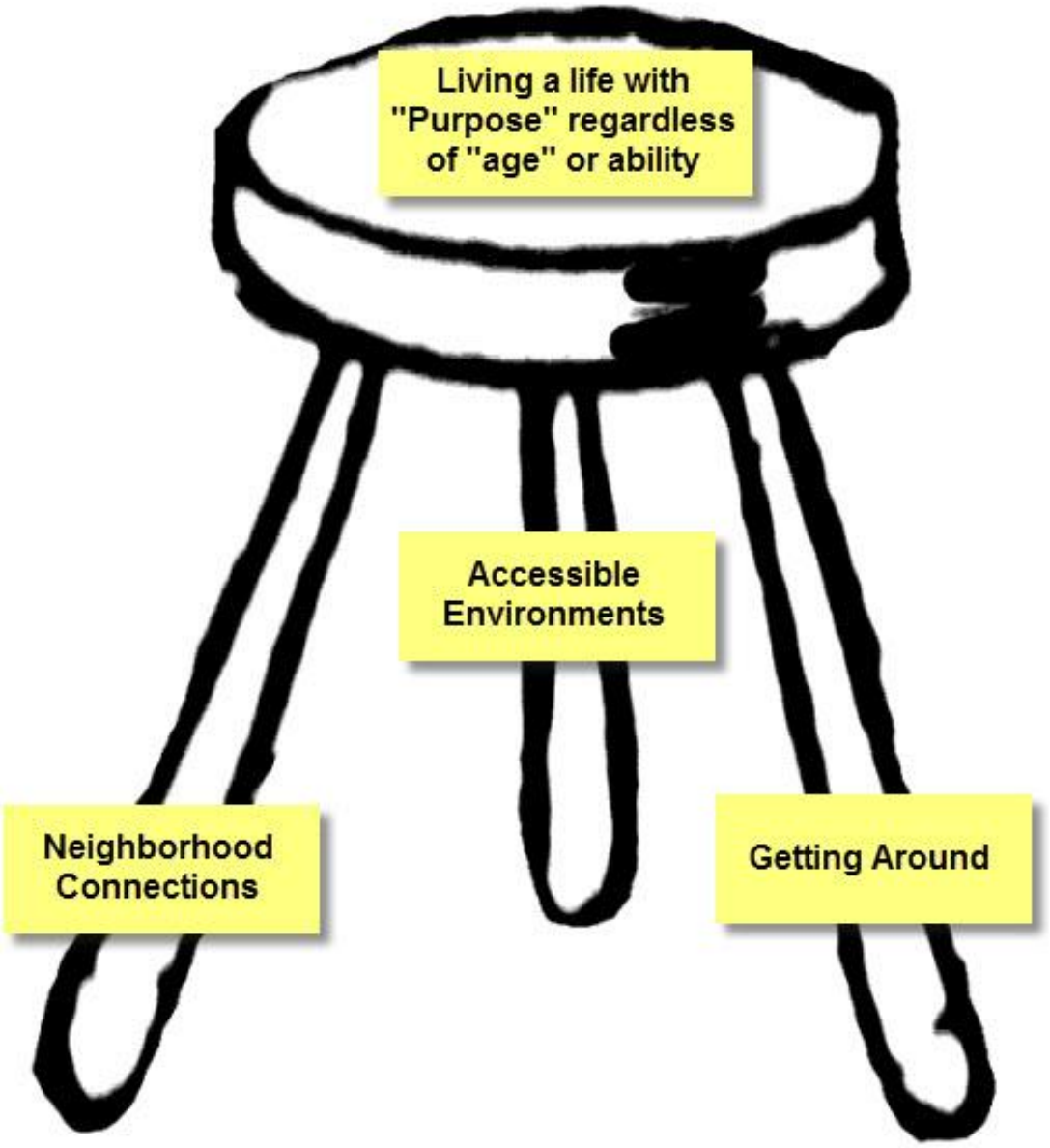
Helping You Stretch for a New Perspective on “Retirement” and “Senior Living”

**Common lifestyle characteristics among those who live longer.**

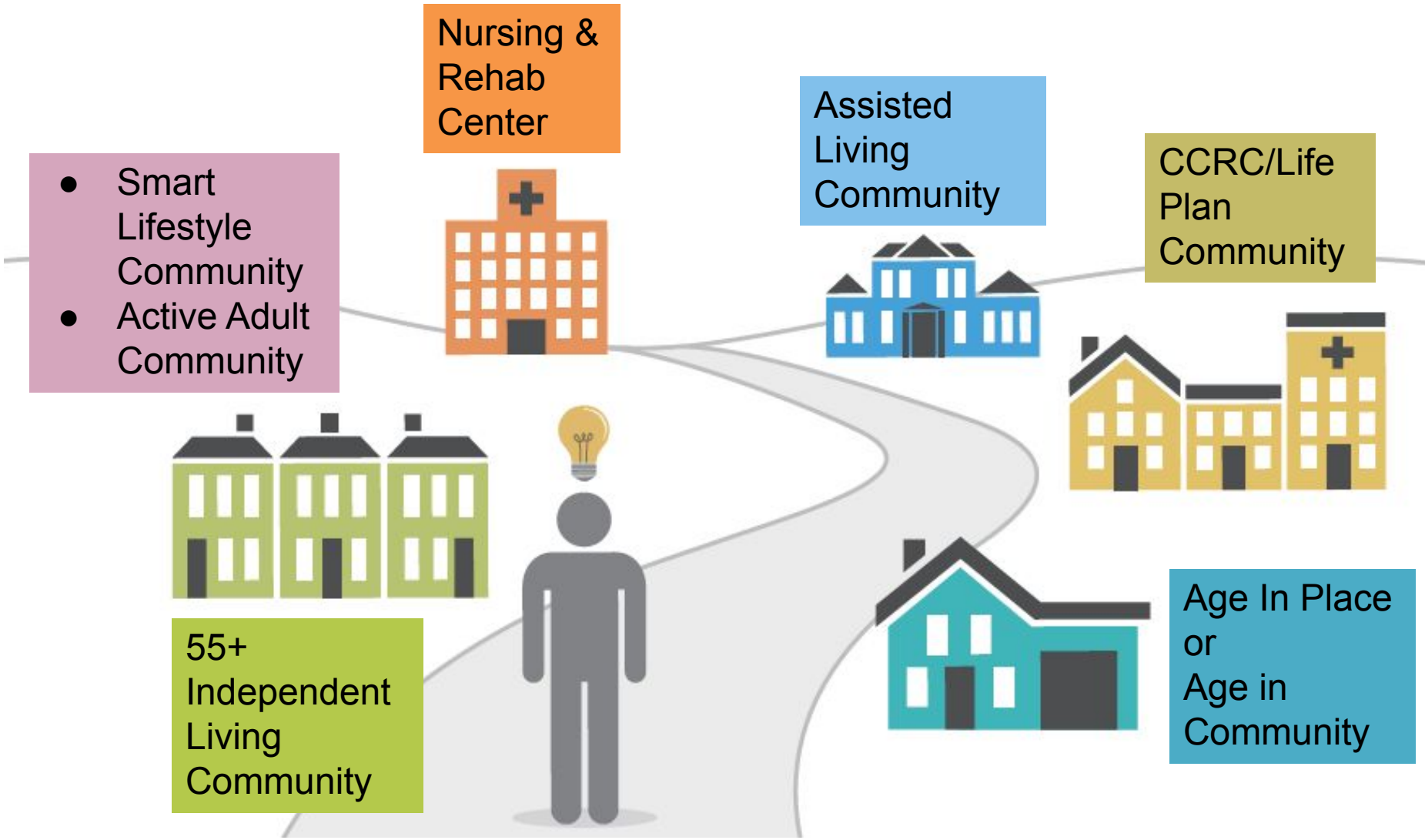
- Put family ahead of other concerns
- Less smoking
- Semi-vegetarianism, with a primarily plant-based diet
- Ongoing moderate physical activity as an integral part of daily life
- Social engagement among people of all ages

wrinkled?
wonderful?
Will society ever accept 'old' can be beautiful? Join the beauty debate.
campaignforrealbeauty.co.uk
Dove

☐ gray?
☐ gorgeous?
Why aren't women glad to be gray?
ad-rag.com (posted with permission from Unilever)


Living a life with "Purpose" regardless of "age" or ability
Accessible Environments
Neighborhood Connections
Getting Around

# Aging in Place or Making a Move?



# Aging in Place/Community

**Who It's For:**

- Good Health
- Good Floorplan & Accessibility
- Access to Transportation
- Part of a social network with support

**KEY CONSIDERATIONS**

1. Getting Around
2. Home Maintenance
3. Safety Inspection
4. Universal Design
5. Technology
6. Support

**Benefits:**

- Enjoyment of the comforts of a familiar home.
- Minimal disruption of medical and social relationships.
- Could be cost effective if home is suitable

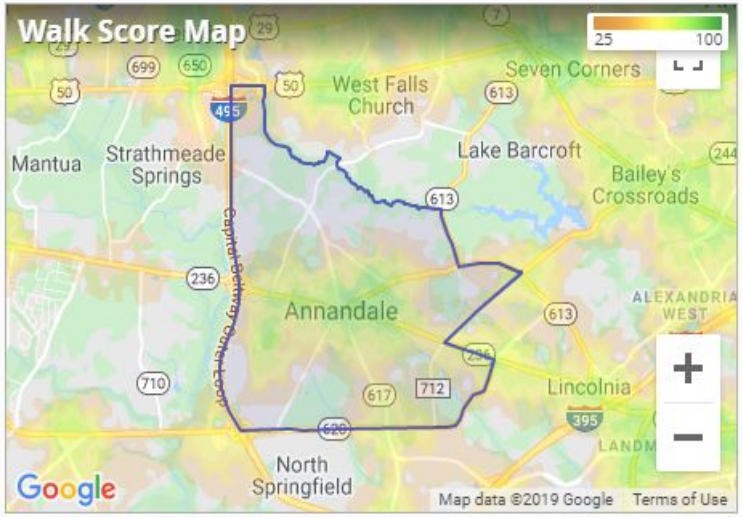
# Getting Around

## Living in Annandale

Walk Score 39

### Annandale is a Car-Dependent city

Most errands require a car.




Annandale has an average Walk Score of 39 with 41,008 residents.

Annandale has some public transportation and does not have many bike lanes.

Metro Access

Uber

lyft

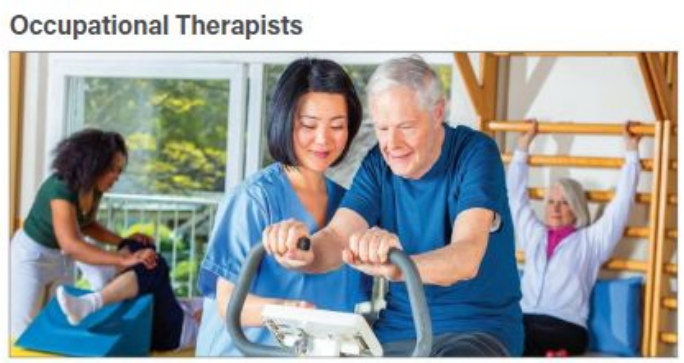
GO GO GRANDPARENT

# Aging in Place

Universal Design

# Key Considerations

- Home Maintenance
- Safety Inspection
- Technology
- Support
  - Family/Network
  - Aging Life Care Managers
  - Home Care Services
  - Adult Day Care
  - Villages




NAHB

Certified Aging-in-Place Specialist

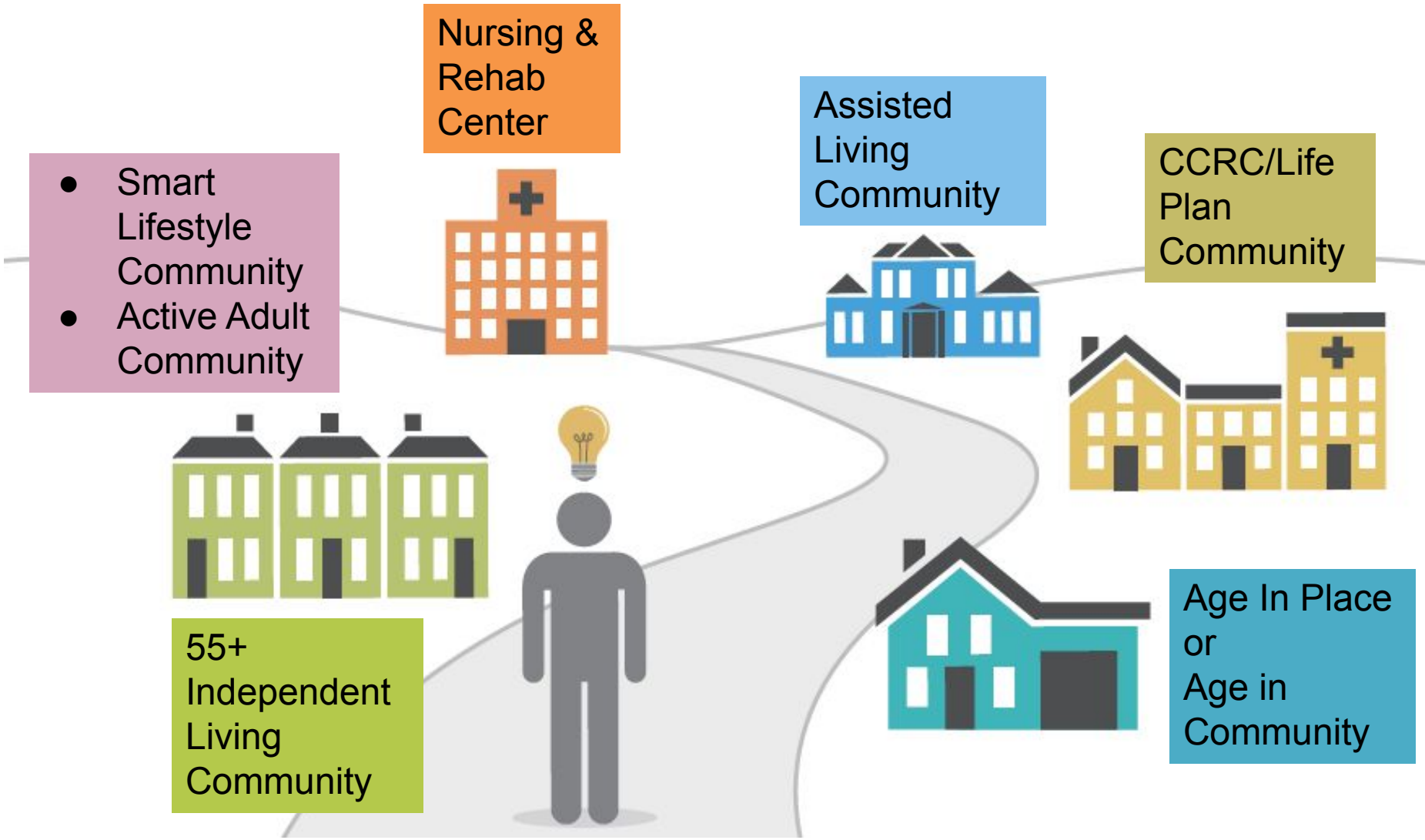
# Aging in Place/Community - Homesharing

- **Suitable for:**
  - Individuals open to the idea of sharing
- **Benefits to residents:**
  - Saves Money
  - Reduces Isolation
  - Assistance

Only 29% of older adults said they were not willing to share their homes in 2018, down from 59% in 2014.

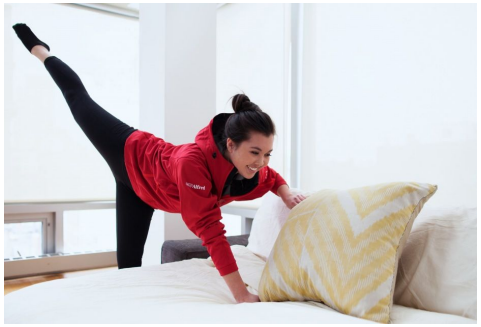
silvernest®

# Aging in Place or **Making a Move**?



# Aging in Community
# Smart Lifestyle Communities

- **Suitable for:**
  - Wants to live an active maintenance-free lifestyle in a walkable environment
  - No stigma of an “age segregated” community
- **Benefits to residents:**
  - Walkable
  - Maintenance Free
  - Intergenerational



**SMART Lifestyle Communities are:**

- **S**tigma-Free
- Low **M**aintenance
- **A**geless/Intergenerational
- Amenity **R**ich
- Walkable and close to Mass **T**ransit

Walk Score 65

**Lofts at Park Crest Apartments**

8210 Crestwood Heights Drive, North Central, Tysons Corner, 22102

# Active Adult & 55+ Independent Living

- **Suitable for:**
  - Active, healthy, 55+ adults who desire a leisurely, hassle-free lifestyle with access to extra services and features that they would enjoy or find helpful.
- **Benefits to residents:**
  - Variety of housing options for older adults
  - Freedom from external home maintenance and a floor plan designed for older active adults
  - Access to a range of amenities
  - Social and cultural activities
  - Opportunity to engage with others in the same stage of life

# Assisted Living

- **Suitable for:**
  - Older adults who are still performing some or all daily living tasks on their own, and do not require 24-hour monitoring or skilled care.
- **Benefits to residents:**
  - Assistance with personal care (bathing, dressing, etc.), medication, mobility, transportation or specialized supervision. Appropriate for people who need some assistance with personal care and medication management, and are looking to engage socially with others.
- **Sources of Payment**
  - Private Funds
  - Veterans Aid and Attendance Program
  - Long-Term Care Insurance

# Nursing & Rehabilitation Centers

- **Suitable for:**
  - Individuals who require around-the-clock nursing care, a protective environment and other services. Skilled nursing facilities are often the next step when an individual's medical needs can no longer be met at home or in another facility. Residents of skilled nursing facilities usually need 24-hour supervision. Some nursing homes have specialized memory care units for dementia patients.
- **Sources of Payment**
  - Private Funds
  - Medicare
  - Medicaid
  - Long-Term Care Insurance

# Life Plan Communities

*Continuing Care Communities/Life Care Communities*

**Suitable for:**

- Healthy adults who have the financial resources and are looking for a housing solution for the rest of their lives.

**Benefits to residents:**

- Active lifestyle with social interaction, activities, programs and events.
- Services that may include meals, housekeeping, transportation and on-site medical care.
- Residents may remain and not have to leave the community when they require health care and supervision.

# Cost of Care Survey 2019

## Annual Median Costs: *Washington Area, DC (2019 vs. 2049)*

| In-Home Care | |
|---|---|
| Homemaker Services[1] | $54,912 |
| 2049* Cost | $133,286 |
| Home Health Aide[1] | $57,200 |
| 2049* Cost | $138,839 |

| Community and Assisted Living | |
|---|---|
| Adult Day Health Care[2] | $23,530 |
| 2049* Cost | $57,113 |
| Assisted Living Facility[3] | $61,200 |
| 2049* Cost | $148,548 |

| Nursing Home Facility | |
|---|---|
| Semi-Private Room[4] | $137,605 |
| 2049* Cost | $334,003 |
| Private Room[4] | $149,285 |
| 2049* Cost | $362,354 |

Genworth's Cost of Care Survey
https://www.genworth.com/aging-and-you/finances/cost-of-care.html

# You Don't Need to Walk the Road Alone!

- Area Agencies on Aging
- Elder Law Attorneys
- Aging Life Care Managers
- Senior Move Managers
- Daily Money Managers
- Patient Advocates
- Faith & Community Based Support

# Steps to Take

- **Discuss options with spouse and/or family/friends**
  - Determine your wishes and desires
- **Research options and resources**
  - Would these be right for you? Costs?
- **Work closely with your Financial Advisor and Other Professionals**
- **Be prepared for all scenarios**
- **Maintain complete records of your financial and estate planning documents, including your health care, power of attorney, will and other instructions**

# Don’t Forget to Stretch!

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