

my future,  
*my*  
*options*  
A SIMPLE GUIDE TO  
SENIOR LIVING



YOUR LIFE STARTS HERE:

consider all  
the options,  
then decide  
what's best  
for  
*You.*



*Now is the time to gain greater insight so you can truly take control of your future. Starting now means you'll have the time you need to explore your options and to really consider what's important to you. Identifying the ideal senior living option for you can be complex, so use this guide to get started and begin to visualize what you want your future to be.*

It's an exciting road ahead! When it comes to senior living, you have numerous options available. They range from staying in your home, to downsizing to a rental apartment or condo, to living in a full-service Continuing Care Retirement Community (CCRC).

How do you sort through all the options? How do you determine which is right for you? Let's break it down.

### A LOGICAL APPROACH:

*On the following pages, think about these key aspects for your future:*

- What's my plan for sustaining—or *improving*—my health and wellness?
- Can I continue to maintain my home as I should?
- How can I stay in control of my life with choices and flexibility?
- Do I have a plan that offers a good value and affordability?

Think of *My Future, My Options* as your personal workbook. Take notes, jot down questions and complete exercises. It will help you find direction that leads you to the senior living option best suited for your lifestyle ... and your future.

## ARE YOU GETTING THE MOST OUT OF LIFE?

**Readiness self-assessment** | Answer "yes" or "no" to the following statements:

### YES NO

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I would be more active if opportunities were available to me.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to maintain my independence and make my own choices about how I will spend my free time.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | I enjoy interacting with others who are active and energetic.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I would like to live in a positive, healthy environment.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm ready for a more carefree lifestyle.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I would gladly let someone else handle the hassles of home maintenance and upkeep.                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to make sure I'm spending my money wisely.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I prefer to make decisions about my future now so I'm not a burden to my family if something should ever happen to me. |

*If you answered "yes" to any of the above statements, a senior living community could provide excellent opportunities for your future.*

# HAPPY, HEALTHY AND WELL: the components of a well-rounded *life.*

*One of the most important elements for maintaining your health is an active lifestyle. Many residents of senior living communities report a noticeable improvement in overall wellness. Doesn't that sound good?*

---

More than just a matter of your physical health, wellness is an all-encompassing approach to living well and being well. As you explore the many different senior living options, your ideal arrangement should include opportunities in multiple dimensions of wellness. Think:

- **Physical.** Improve balance, strength and cardiovascular health through fitness classes and personal exercise goals. Plus, be motivated by neighbors and friends who share your desire to maintain a healthy lifestyle.
- **Social.** Enjoy friendly relationships through community activities. Who doesn't love themed parties, theater events, concerts and more?
- **Intellectual.** Expand your knowledge by participating in cultural events, book clubs, guest lectures and lifelong learning classes.
- **Vocational.** Share your knowledge and experience through volunteering, gardening and creative hobbies. Green thumb, anyone?
- **Spiritual.** Pursue a connection with inner values through outer-community opportunities such as weekly services, religious-discussion groups and choir.
- **Emotional.** A close connection to neighbors and activities you appreciate, as well as a built-in support system.
- **Environmental.** Happiness in your surroundings, including outdoor activities, beautiful landscaping and access to local entertainment and amenities.
- **Health Services.** Confidence in easily accessible health services, ranging from wellness clinics and physical therapy, to assisted living, memory support and skilled nursing care.

# Keep Movin'!

Physical activity can prevent many of the health problems that may come with age.\*

## ACTIVITY ASSESSMENT

Place a checkmark by the activities that interest you.

### PHYSICAL

	THINGS YOU CURRENTLY DO:	THINGS YOU WOULD LIKE TO DO IF YOU HAD THE CHANCE:
Exercise classes	<input type="checkbox"/>	<input type="checkbox"/>
Swimming/water aerobics	<input type="checkbox"/>	<input type="checkbox"/>
Tai Chi/yoga	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>
Strength/balance exercises	<input type="checkbox"/>	<input type="checkbox"/>
Golf	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

### SOCIAL

Cultural events	<input type="checkbox"/>	<input type="checkbox"/>
Card games	<input type="checkbox"/>	<input type="checkbox"/>
Dining out	<input type="checkbox"/>	<input type="checkbox"/>
Hobby/interest groups	<input type="checkbox"/>	<input type="checkbox"/>

### INTELLECTUAL/VOCATIONAL

Volunteering	<input type="checkbox"/>	<input type="checkbox"/>
Lifelong learning classes	<input type="checkbox"/>	<input type="checkbox"/>
Study group	<input type="checkbox"/>	<input type="checkbox"/>

Your ideal senior living option should complement your current activities, as well as give you the opportunity to pursue new interests. As they say, never stop learning!



\*CDC, The State of Aging and Health in America, 2013.

\*\* U.S. Seniors Maintain Happiness Highs With Less Social Time, Gallop, December 12, 2011.

## CHOICE MATTERS:

# carefully evaluate all the *options.*

*A key benefit of retirement is enjoying the flexibility to plan your days as you please. Traveling, relaxing, spending time with family—it's up to you. That shouldn't change if you move to a senior living community. This is your life. Make sure it's personalized to suit your interests, passions and goals.*

Some communities offer you more flexibility than others. So it's important to carefully evaluate your options based on the level of flexibility and choice you desire—especially when it comes to:

**ACTIVITIES AND EVENTS.** Check the community calendar of events to see if there are activities and events that appeal to you. Make sure there are plenty of choices, with options to participate when and how you wish.

**RESIDENCE STYLE.** Look for a range of sizes and a variety of floor plans to suit your lifestyle and budget. Consider residence features that are important to you, like fireplaces, balconies or patios.

**DINING VENUES.** In keeping with current trends, most senior living communities offer a degree of flexibility in dining. This may include a range of dining venues, such as restaurant-style fine dining, buffet, casual bistro and deli/carryout. Be sure to inquire about specifics of the dining plan. Is it a daily "use it or lose it" plan? Or do you have the flexibility to dine whenever you want during the course of a month?



# 69%

## SAY A CCRC

affords the greatest opportunity  
for choices and options in life.\*

\*Mather Lifeways/Ziegler/Brecht Associates, National Survey of Family Members of Residents Living in Continuing Care Retirement Communities, 2011.

\*\*Life Services Network, Confidence Satisfaction Survey, 2011.

## IT'S ABOUT CHOICE & FLEXIBILITY

*A senior living community needs to be in sync with your everyday routine.*

*Check the items you consider "musts."*

- A choice of floor plans and residence configurations with the most modern appliances and conveniences.
- Freedom to create my own schedule.
- Activities that inspire me to participate, but at my own pace and on my own schedule.
- Housekeeping services tailored to my personal preferences.
- A variety of delicious, chef-prepared meals served in my choice of dining venue.
- Availability of on-site health services.
- Scheduled transportation.
- Other preferences \_\_\_\_\_

*Every community is different. As you compare, look specifically for those that offer the level of flexibility and choice you desire.*



**75%**

**OF RESIDENTS**

agree they have access to a wider variety of cultural and entertainment programs and social activities.\*\*

**ENJOY NEWFOUND FREEDOM**  
without the worries  
associated with  
maintaining a home.

Have time to  
enjoy the things that  
*matter most.*

*You know the feeling. As soon as you complete one project, something else needs attention. Isn't that how it always seems to work? You either repair it yourself, or you find the right person to do the job. Any way you look at it, it's still more of your time and money.*

---

**GO WITH CONVENIENCE.**

With a move to a senior living community, someone else does all the chores. No longer do you have to do it yourself or find a trustworthy contractor. You can now spend your time doing the things you enjoy, because isn't that what life is all about? Most communities provide interior and exterior maintenance as part of the monthly fee. Some even offer convenient everyday services such as hanging pictures, changing light bulbs and moving furniture.

**LITTLE EXPENSES CAN ADD UP.**

In your current home, a repair as simple as a leaky faucet can cost you more than \$100. With bigger repairs, the costs are high and unpredictable. Even weekly lawn care services are extremely pricey! The expense of ongoing upkeep and repair is one thing, but what about property taxes and homeowner's insurance on top of everyday costs? Moving to a senior living community can potentially save you thousands each year while providing peace of mind for you, your future and your family.



*Even though*  
**SENIORS** are more likely to have paid-off mortgages, the cost of operating and maintaining a home consumes a larger share of diminishing resources as people age.\*

## UPCOMING MAINTENANCE AT YOUR CURRENT HOME

*Indicate which items need attention in your home, as well as projected timing.*

	NEED NOW	WITHIN 6 MONTHS	WITHIN THE YEAR
Roof (repair)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roof (replace)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Furnace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Air conditioner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plumbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Electrical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gutter cleaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foundation repair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paint (interior)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paint (exterior)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carpet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**78%**  
*of* FAMILY MEMBERS

of CCRC residents indicate "freedom from home maintenance" would motivate them to move to a CCRC in the future.\*\*

\* Housing an Aging Population, Are We Prepared? Center for Housing Policy, 2012.

\*\* Mather Lifeways/Ziegler/Brecht Associates, National Survey of Family Members of Residents Living in Continuing Care Retirement Communities, 2011.

# LOOK FOR VALUE: ... beyond just *price.*

*Think about all the expenses you incur each month for the basics, such as food, utilities and home maintenance. Add to that all the recurring expenses for homeowner's insurance and property tax. The grand total seems to keep going up and up, especially when you factor in unplanned expenses.*

A senior living community offers you the opportunity to consolidate your expenses into one monthly fee. Plus, you have the convenience of many on-site services.

As you look at different senior living options, be sure to carefully compare fee structures, because there are several differences. Some communities operate on a fee-for-service basis, allowing you to select only the services you desire. Others are full-service, with multiple services included in the monthly fee, giving you the ability to accurately predict monthly expenses.

#### **SERVICES AVAILABLE AT MANY SENIOR LIVING COMMUNITIES INCLUDE:**

- Weekly housekeeping services
- One to three meals each day

- A full calendar of community activities
- Home maintenance (interior and exterior)
- Groundskeeping
- Scheduled transportation
- 24-hour security

#### **POPULAR ON-SITE AMENITIES:**

- Bank
- Post office
- Beauty/barber shop
- Spa
- Fitness center
- Swimming pool

#### **HEALTH SERVICES:**

Some communities offer no on-site services, while others offer a full continuum of care.

- Wellness clinic
- Podiatry, vision and dental services
- Physical, occupational and speech therapy
- Short-stay respite services
- Specialized memory care
- Home health and rehabilitation services in your private residence
- Short- and long-term skilled nursing care

**53%**  
OF RETIRED  
SENIORS

say one of their top fears in retirement is health care costs going out of control.\*



**40%**  
*of* **SENIORS**

consider household-related expenses to be their biggest expenses in retirement.\*\*

\* Nationwide, Healthcare Costs in Retirement, 2012.  
\*\* Nationwide, Healthcare Costs in Retirement, 2012.

## PROJECTED EXPENSES

*Think about the expenses you anticipate down the road. Will they increase, decrease or stay the same?*

	<b>MUCH LESS</b>	<b>LESS</b>	<b>STAY THE SAME</b>	<b>MORE</b>	<b>MUCH MORE</b>
Housing	<input type="checkbox"/>				
Medical	<input type="checkbox"/>				
Food	<input type="checkbox"/>				
Clothing	<input type="checkbox"/>				
Insurance	<input type="checkbox"/>				
Taxes	<input type="checkbox"/>				

*If you are concerned about rising expenses, think about choosing a senior living community that offers you opportunities to control monthly spending.*

DO THE MATH:

# see how your monthly living expenses compare to other *options.*

*In order to get an accurate comparison of your options, start by putting everything on paper. Fill out the chart with your current expenses in the main categories of home, utilities, maintenance, lifestyle and potential health care expenses.*

---

Then, fill in the blanks for the senior living option you think fits you best. Keep in mind some communities may have relatively low monthly fees, with additional items charged on a fee-for-service basis. Be sure to include those in your total.

**THE BOTTOM LINE:** tally both columns, and analyze the results. You might be surprised to discover that a senior living community is more affordable than you thought. Take this worksheet to communities you visit to get the full financial picture of your future options.

**70%**  
*of* **65+**

can expect to use some form of long-term care in their lifetime.\*



# SENIORS 65+

spend nearly double the percentage of their income (13%) on health care as compared to adults age 55-64, and nearly three times the percentage of adults age 45-54 (5%).\*\*

## MONTHLY LIVING EXPENSES

### CURRENT HOME

### OTHER

+ As a rule of thumb, annual home maintenance totals 4% of your home's value. Divide this number by 12 to arrive at a rough estimation of monthly maintenance costs.

### Home Expenses

Mortgage or rent payment	\$ _____	\$ _____
Homeowner's insurance	\$ _____	\$ _____
Homeowner's association (HOA) fees	\$ _____	\$ _____
Property taxes	\$ _____	\$ _____
Home security system/monitoring	\$ _____	\$ _____
24-hour emergency response system	\$ _____	\$ _____

### Utilities

Electricity/gas	\$ _____	\$ _____
Water, sewer, trash	\$ _____	\$ _____
Cable	\$ _____	\$ _____

### Maintenance +

Painting, roofing, gutters, windows and driveway	\$ _____	\$ _____
Furnace/AC, appliances	\$ _____	\$ _____
Electrical, plumbing	\$ _____	\$ _____
Groundskeeping/maintenance	\$ _____	\$ _____
Weekly housekeeping	\$ _____	\$ _____
Pool service/maintenance	\$ _____	\$ _____

### Lifestyle

Local transportation	\$ _____	\$ _____
Health club membership fees	\$ _____	\$ _____
Fitness/wellness classes	\$ _____	\$ _____
Social activities	\$ _____	\$ _____
Educational programs	\$ _____	\$ _____
Restaurants/gratuities	\$ _____	\$ _____
Groceries/meals at home	\$ _____	\$ _____

### Potential Health Care Expenses

Assisted living/memory care	\$ _____	\$ _____
Home nursing care	\$ _____	\$ _____
Recuperative care (private room)	\$ _____	\$ _____
Skilled nursing care (private room)	\$ _____	\$ _____

### TOTAL

\$ _____	\$ _____
----------	----------

\*US Department of Health and Human Services, Long-term Care, accessed January 22, 2014

\*\*U.S. Bureau of Labor Statistics, 2010.

## LEADERSHIP MATTERS:

# ownership & management *matter.*

*Looking at the history of the community and the experience level of its ownership and management can also help you narrow down your field of choices.*

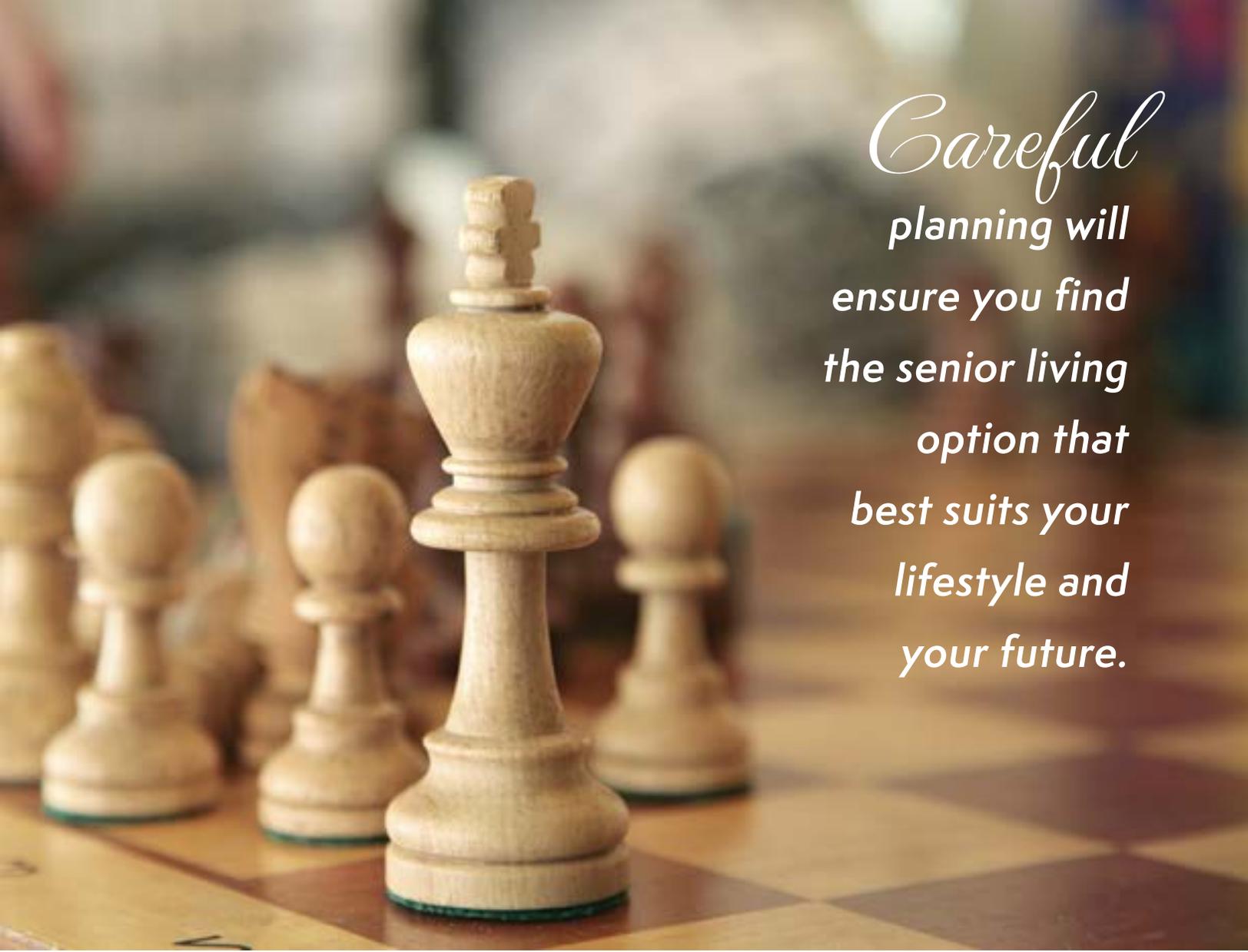
---

Like any serious purchase decision, make sure a company is reputable before you do business with it. You can start by asking friends and family for recommendations, but you can also ask each community about their ownership and management. Find out how long they've been in business and if senior living is their focus.

You can also research through associations such as the Better Business Bureau. They have a free database of business reliability reports so you can find out about a company's management, if complaints have

been filed against them, how it responded to the complaints and whether any government action has been taken against them. Even a company that's been the subject of complaints can have a satisfactory rating as long as it has dealt with problems promptly. Simply asking a community for references is another route to go.

Combined, you'll be perfectly positioned to embark on one of the most important journeys you'll ever make—your future.



*Careful  
planning will  
ensure you find  
the senior living  
option that  
best suits your  
lifestyle and  
your future.*

## MAP YOUR FUTURE

### FROM A PERSONAL STANDPOINT.

Now that you've reviewed your personal **My Future, My Options** guide, what did you discover? The information should give you a clearer perspective in these key areas:

- The type of community that suits you best.
- The financial considerations that matter to you most.
- The lifestyle you prefer.
- The experience level of the community.

### FROM A BUSINESS STANDPOINT.

You've laid out a path, and now's the time to explore your options. Tour communities you think match your criteria and discover the lifestyle that best fits the way you want to spend your future. Take this guide along. Gather more information. Ask as many questions as you need to. The residency counselors at the communities are available to help and will get you the details you're seeking.

Security and a smart plan for your future await!



*This complimentary guide was provided by:*



WHITNEY CENTER

200 Leeder Hill Drive | Hamden, CT 06517  
203.848.2641 | [www.WhitneyCenter.com](http://www.WhitneyCenter.com)

We welcome the opportunity to assist you in any way. We can answer any questions you may have about our community or reviewing senior living options in general.

