

A photograph of a middle-aged couple sitting on a wooden bench outdoors. The man is on the left, wearing a white polo shirt and light blue jeans, smiling broadly. The woman is on the right, wearing a pink top and light blue jeans, also smiling. Her hand is resting on the man's shoulder. The background is a soft-focus outdoor setting with greenery and a building.

**MYTHS VS. REALITIES:
IS A LIFE PLAN
COMMUNITY FOR YOU?**

BLAKEFORD
AT GREEN HILLS
— *B* —

MYTHS VS. REALITIES: IS A LIFE PLAN COMMUNITY FOR YOU?

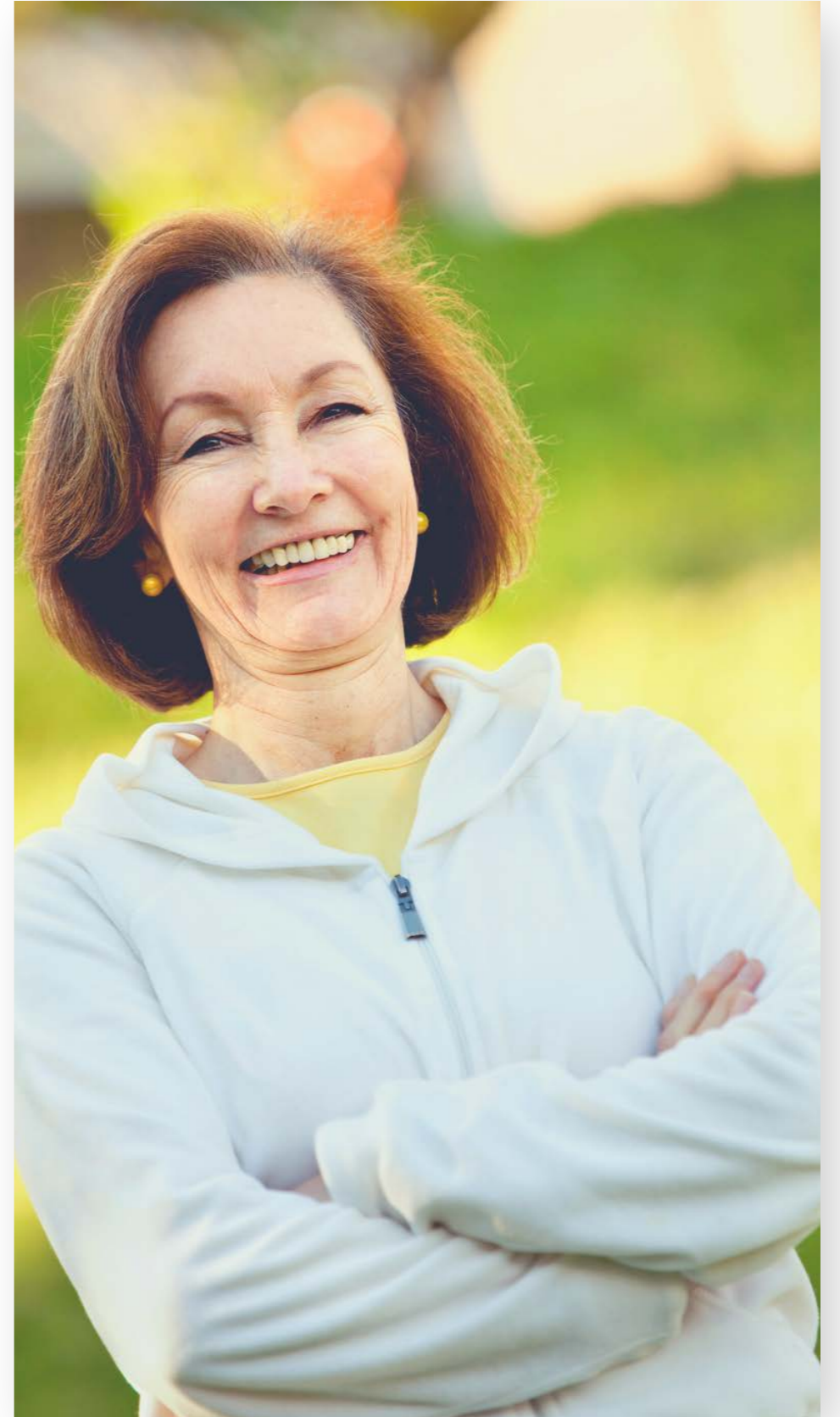
If you've searched online or in person for retirement communities, you've noticed there are several options. One of those options is a Life Plan Community, also referred to as a CCRC (Continuing Care Retirement Community).

These communities were created to provide lifestyle solutions to older adults if their health needs change.

At a Life Plan Community, you'll find apartments for independent living and assisted living as well as skilled nursing. Many may also have memory care available for residents.

In 2011, Age Wave*, a research and consulting company focused on issues relating to older adults, conducted a study to look at the decision-making process for moving into a Life Plan Community.

Following is a look at the five myths and realities Age Wave found that come into the process.



MYTH #1:
**“MY CURRENT HOME WILL BE
THE BEST POSSIBLE PLACE TO
LIVE IN MY POST-RETIREMENT
YEARS.”**

**THE REALITY IS:
OUR HOMES CHANGE AS OUR
LIVES CHANGE. AS OLDER
ADULTS, WE NEED A HOME
THAT OFFERS COMFORT,
SECURITY, CONVENIENCE,
AND PEACE OF MIND.**

Misconception: "I'll lose my independence and privacy."

This is a common misconception about Life Plan Communities. However, as Steve (a resident in an LPC) pointed out, "We didn't give up how we lived, just *where* we lived."



There are daily activities planned but residents are free to participate or not. Many residents still drive their own vehicle and a few still continue to work.

As noted by the Age Wave study, "residents consistently spoke of having greater independence and freedom because they are relieved of the burden and headache of household tasks and obligations, and have more free time for what they really like and want to do." (*Age Wave, 2011, 4-5*)

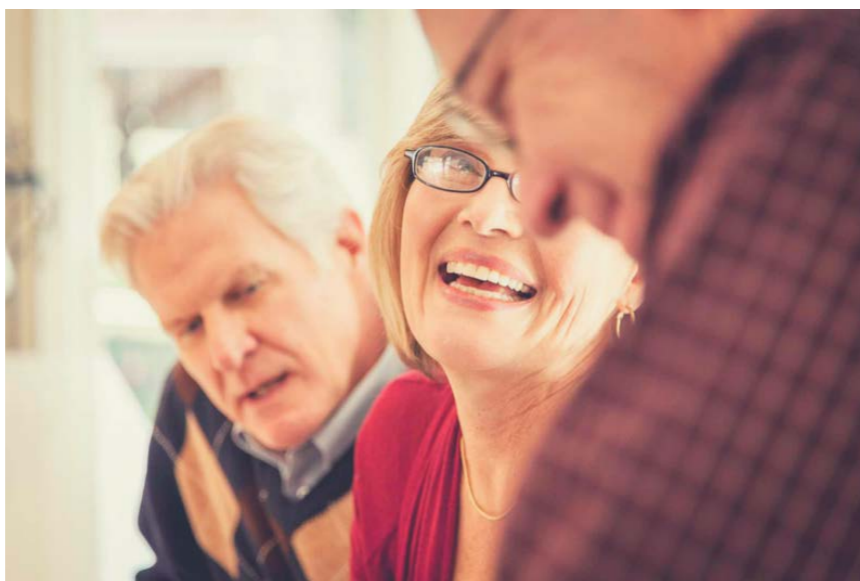
**MYTH #2:
“MY CURRENT HOME IS THE
BEST OPTION TO CONTINUE AN
ACTIVE SOCIAL LIFE AND TO
STAY CONNECTED WITH
FRIENDS IN THE YEARS
AHEAD.”**

**THE REALITY IS:
ISOLATION ISN'T
UNCOMMON AS WE AGE.
LIVING IN COMMUNITY IS
JUST THAT - A PLACE TO
THRIVE AND MAKE NEW,
VALUABLE CONNECTIONS.**

Misconception: "I'm not sure I'll feel comfortable or 'at home'".

One advantage of living in community is discovering people who share similar interests.

As one of Age Wave's interviewee's noted, “The number one benefit is you’re surrounded by successful, interesting people. You have a pretty good chance of finding people who may make an impact on your life.”
(Age Wave, 2011, 7)



**MYTH #3:
“IT’S LESS EXPENSIVE
AND MORE FINANCIALLY
SECURE FOR ME TO STAY
IN MY CURRENT HOME.”**

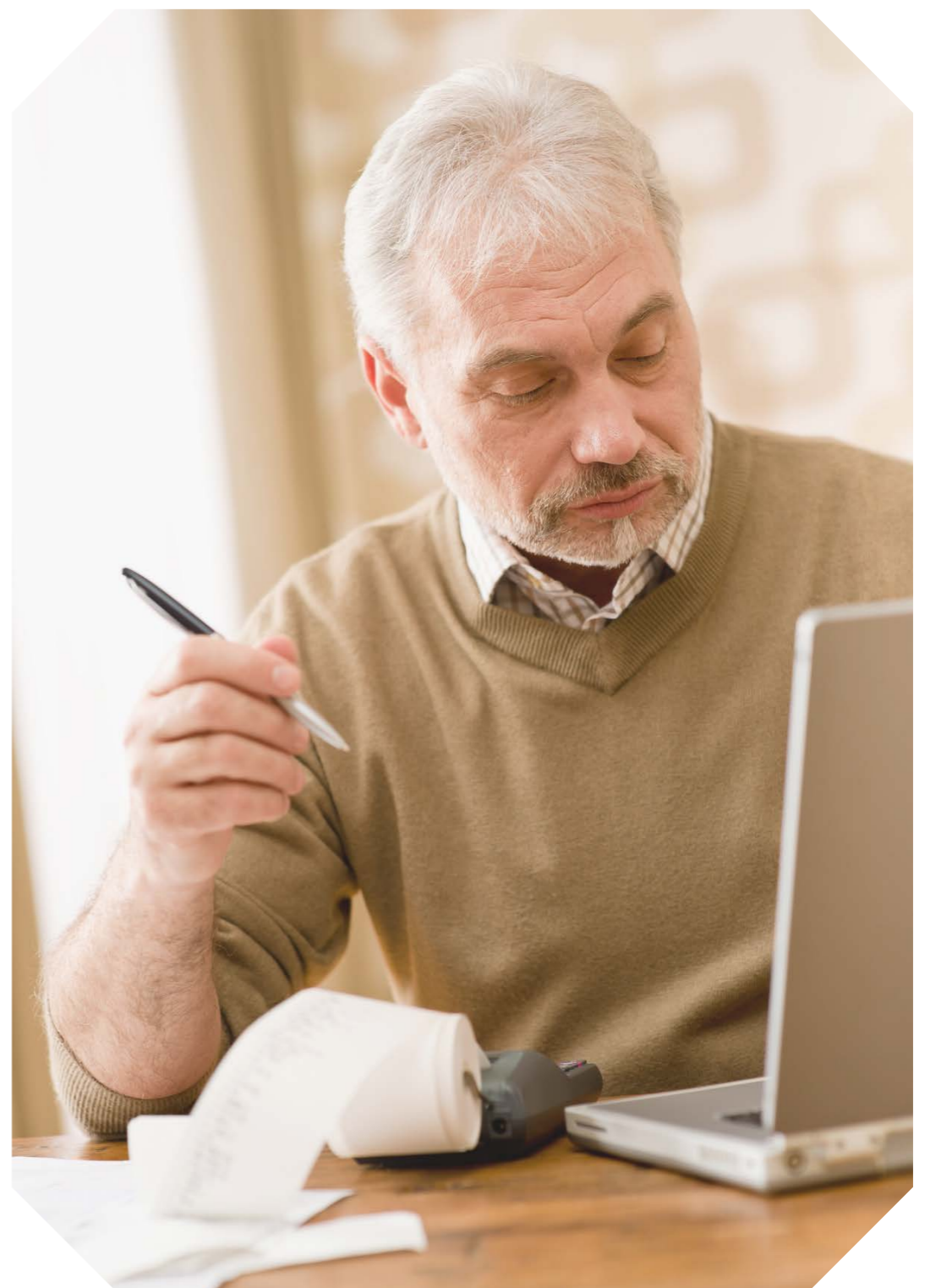
**THE REALITY IS:
THE COSTS OF
MAINTAINING AN AGING
HOME WILL INCREASE
AND CONTINUING TO LIVE
AS YOU ALWAYS HAVE
WILL BRING NEW COSTS.**

Misconception: "My mortgage is paid off so I can afford to continue living in my own home."

While this may be true at the outset, eventually home expenses will increase. This is especially true if you need to make modifications to your home that help you continue to live there or if you need to replace appliances such as a water heater.

If your health changes, the costs associated with care can grow quickly when you need to hire caregivers and transportation.

In a Life Plan Community, these expenses are included. And the value of peace of mind is priceless.

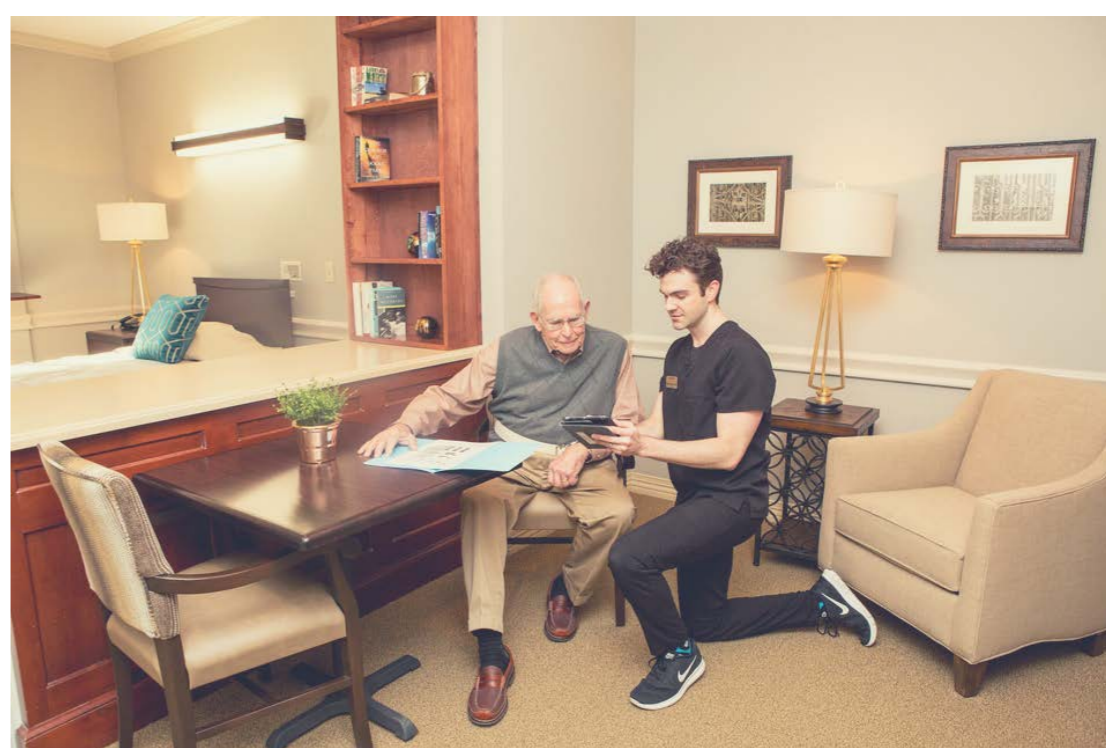
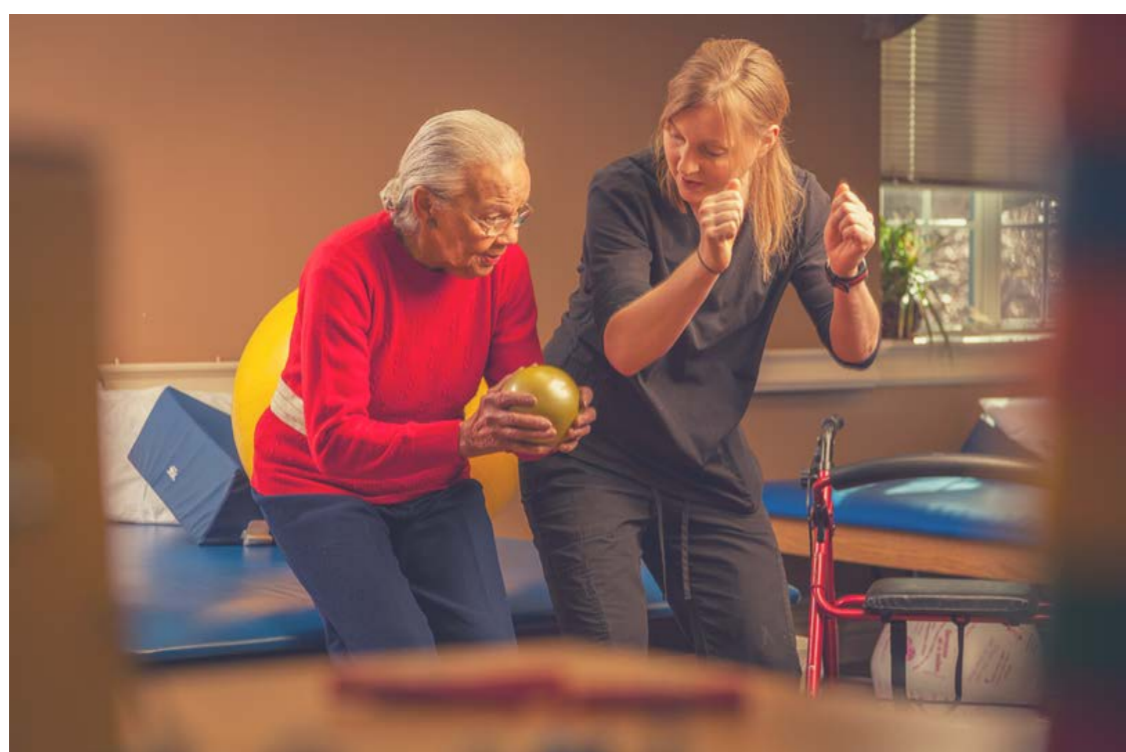


MYTH #4:
**“IT WOULD BE EASY TO
GET ANY CARE I MIGHT
NEED AT HOME.”**

**THE REALITY IS:
AT HOME CARE IS
EXPENSIVE, NEVER MIND
THE BURDEN IT CAN
PLACE ON FAMILIES. AN
LPC PROVIDES CARE YOU
NEED WHEN YOU NEED IT.**

Misconception: "I can hire caregivers plus my family is able to provide help if I need it."

If you're living at home and require care such as rehabilitation or respite, a Life Plan Community is able to provide the care and support. Residents also reap the benefits of not feeling isolated during their care.



“Last year, I fractured my pelvis,” a resident told [Age Wave]. “I was hospitalized for three days and put in the care center . . . Had I still been living in my previous home, my husband would have had to travel miles to come to see me in a care center where I was recuperating and getting physical therapy. Here, he just had to walk across the path.” (Age Wave, 2011,12)

**MYTH #5:
“LIFE PLAN
COMMUNITIES ARE
FILLED WITH OLD PEOPLE
WHO ARE SICK AND
DYING.”**

**THE REALITY IS:
LIFE PLAN COMMUNITIES
DO HAVE DIFFERENT
LEVELS OF CARE BUT THE
MAJORITY OF RESIDENTS
ARE HEALTHY, ACTIVE
AND INDEPENDENT.**

Misconception: "I don't need to move into a Life Plan Community right now. I'm healthy."



Life Plan Communities are designed for people to age in place - from independent living to needing skilled nursing care.

Sarah Bishop, Director of Sales and Marketing for Blakeford at Green Hills, states "You want that independent lifestyle so it makes sense to move into community when you are able to enjoy it."

Plus, most Life Plan Communities require residents to be in good health. If you remain in your home until you need care, moving into an assisted living or nursing setting will be more expensive.

The decision process for moving into a senior living community should not be done in a rush.

Take your time. Research and ask questions. Visit different types of communities.

A Life Plan Community may be exactly what you need.

To read Age Wave's findings, visit here.

Interested in learning more about what it's like to live in a Life Plan Community?

LET'S TALK

Our senior living experts are able to help you determine next steps for you or your loved one.

We've made it easy for you to connect with us!

Phone: 615-665-9505

Email: info@blakeford.com

Website: Blakeford.com

**Wave, Age. Five Myths & Realities of Continuing Care Retirement Communities. Report. December 01, 2011. Accessed August 11, 2017. <http://agewave.com>.*

Blakeford is Nashville's Premier Provider of Senior Living Solutions

Blakeford offers the most complete range of options for independence, support, and quality care for older adults.

Blakeford at Green Hills – A thriving continuing care retirement community with luxurious apartments, elegant dining, robust activity calendars, and individualized skilled care.

Blakeford At Home - Expert caregiving and personal care management in your own home.

LiveWell By Blakeford – Provides all the care and financial benefits of a retirement community for healthy, independent older adults who wish to live at home.

Connect with us to schedule a tour or simply to answer any questions you may have.

Phone: 615-665-9505

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