

Taking Care!

Retirement Residences Have Many Advantages!

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As people age, there's a good chance that at some point their longtime home will no longer suit their lifestyle or their needs. Moving to a different house, a condo or an apartment is not always the solution, though. In some situations, a retirement home turns out to be the best choice. Retirement residences are private pay, wellness-oriented facilities that enable active seniors to maintain or improve their independence, health and overall quality of life.

~ Reasons for Moving ~



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The following are common reasons that seniors choose a retirement home.

Freedom: To reduce responsibilities associated with home ownership, allowing allow more time for preferred activities.

Independence: To offload responsibilities of daily living, in order to continue to live independently in spite of decreased physical abilities. People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering, grocery shopping and meal preparation.

Accessibility: To increase the physical accessibility of their living space.

Finances: To reduce expenses associated with home ownership. Another reason for moving is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate market perspective.

Peace of mind: To ensure help is available if they run into difficulty. This can provide them, as well as concerned loved ones, with reassurance.

Socialization: To increase social contact, which is known to significantly affect health and wellness.

Recreation: To engage in new and previously enjoyed activities that are stimulating and provide meaning or entertainment value, while maintaining mental and physical abilities.

Security: To reduce the risk of being victimized, increasing peace of mind e.g. for those who are anxious about mail theft ("porch pirates"), answering the door, leaving their home unattended or coming home to an empty house.

Community Access: To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and community centers, especially without the need for a vehicle. In addition to a walkable neighborhood, some retirement homes offer shuttle service to medical appointments, errands, shopping and community events.

Health: To ensure ongoing health care needs are met, beginning with the basics: nutritiously balanced meals and opportunities to stay physically active and mentally stimulated. Other needs may include medication management, a special diet and assistance with bathing. Many retirement homes offer assisted living packages for residents who need some degree of help with daily personal care.

Lifestyle: To enjoy an all-inclusive lifestyle. Seniors who have the financial means and wish to enjoy life to the fullest may seek a luxury setting that simulates a country club atmosphere. Amenities may include elegant spaces, concierge service, fine dining, a cocktail lounge or pub, café, fitness center, swimming pool, spa, well-stocked library, Internet lounge, games room, movie viewing room, convenience store, greenhouse, putting green and more.

Retirement homes vary considerably in terms of price, size, amenities and services, which can make it difficult to choose from among them. If you – or a loved one – are in the market for one, carefully consider your financial situation and preferred lifestyle to determine which places to focus on.

When making a choice, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places and bring a notebook and pen so you can take notes. Also bring along a friend for a second opinion.

Many residences offer a complimentary lunch: take them up on it. Before making a final decision, you may wish to consider a trial stay at the place that appeals the most to you.

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