LeadingAge California

Retirement Housing Options

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To Move or Not to Move?

- Only 5% of 55+ move any given year
- 50% of those stay in same county
- 70% > 65 live within 1 hour of child
Reasons to Move

• Neighborhood is not safe
• To be near children
• Match housing needs with abilities
• Home too costly to maintain
• Need assets tied up in the home
• Retired and seeking new lifestyle
If you plan to move after retirement, what would be the most important factor? Here’s how WSJ.com readers have responded.
Aging in Place

• Live in your own home safely, independently and comfortably
• Universal design
• Retrofit your home
• Certified Aging in Place Specialists (CAPS)
Livable Communities

- Affordable housing, supportive services, and adequate mobility to foster independence and engagement
- Successful Aging – absence of disease/disability, intact cognitive functions, and sustained engagement
The Senior Living Spectrum

- CCRC: Seniors buy-in for care for the rest of their lives. Includes all levels of care from independent living to skilled nursing care in one location.
- Nursing Home: Rehabilitation and 24-hour supervision by a skilled nurse.
- Dementia/Alz Care: Assisted living plus high level of daily supervision.
- Assisted Living: Includes a wide range of temporary care in a facility.
- Respite Care: Includes a wide range of temporary care in a facility.
- Personal Care: Help with meals, hygiene, entertainment, and transportation.
- Active Senior: Total Freedom with access to other seniors, entertainment, and emergency help.
- Independent Living: Total Freedom with access to other seniors, entertainment, and emergency help.
- Senior Apartment: Own or rent in a community just for seniors. Access to social activities, valet services, and often an emergency call system.
- Senior Coop: Access to social activities, valet services, and often an emergency call system.
- Congregational: Access to social activities, valet services, and often an emergency call system.
- Adult Day Care: Low cost day-time socialization, entertainment, and supervision.

Level of Care and Supervision

This bubble graph shows how different types of senior care overlap and the relationship between the level of care and the cost.

By SeniorLiving.Org
Active Retirement Communities

- Independent ownership or rental
- Age-restricted
- Focus on active lifestyle
- Social activities
Affordable Senior Housing

• “Affordable” = below market rent
• Income qualified - less than 30% median income
• Independent apartments
• Meals not included
• May have on-site service coordinators
Continuing Care Retirement Communities (CCRC)

- Independent, assisted living, and nursing care centers on the same campus
- Resident moves to different levels as needed
- Buy-in fee with various refunds available
- Monthly service fees
- Meals, housekeeping, transportation, recreation, wellness, health services all provided
CCRC at Home

• CCRC security without moving in
• Services in your own home
• Access to specific assisted living or care center if needed
• Buy-in fees 70-90% less than CCRC
• Monthly fees
• Kendal at Home (www.kendalathome.org)
Assisted Living Communities

- Provide assistance with daily activities
- Mobility, personal care, housekeeping, medications and general monitoring
- Average SF price $39,732 per year
- Do not provide medical care
Residential Care Homes

- Assisted living in a smaller setting
- Many are single family residences
- May offer dementia-specific services
Nursing Care Centers

• Technical term is skilled nursing facility
• Residents require 24 hour care/supervision and medical services
• Average SF price private room = $157,680/yr
• Medicare does not cover ongoing
• MediCal covers for income qualified
• Long term care insurance
Membership Models

• Live Well at Home with Eskaton (www.eskaton.org)
• Judson (www.judsonsmartliving.org)
The Village Movement

- Aging-in-place assistance
- 50 active villages
- Membership fees: $0 - $600
- Paid and volunteer services
- Technology-assisted
The Future

Choices

Choices

And More Choices!