Your Readiness Guide to Aging in Place

Friends LifeCare®
Your Life • Your Independence • Your Home

FriendsLifeCare.org
PA: (215) 628-8964 • DE: (302) 426-1510

For the first time in U.S. history, older adults are projected to outnumber children by 2035, according to the United States Census Bureau. Increased life expectancy and declining birth rates are contributing factors.

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The Implications of Longevity

The vast majority of adults want to age in their own homes—in fact, according to AARP, 89% of them do. But if someone were to ask you today what concerns you have about your future living arrangements, what would you say?

Consider this…

> About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95, according to the Social Security Administration. How safe and accessible is your current home to someone aged 90 or older?

> You may have made a few adjustments to your home and lifestyle to accommodate getting older, but have you fully evaluated what it's going to take to stay at home, healthy and with a sense of purpose?

> Who will take care of you should you need short- or long-term care in the future? Without the security of a long-term care plan, this financial and time-consuming commitment could fall on loved ones. In fact, according to AARP, there are 43 million unpaid family or non-related caregivers in the United States today.

Building a Foundation for Your Future

This guide walks through the steps of building a foundation for a vital future of aging comfortably at home—not only for safety, but to set the stage for you to thrive in the next chapter of life.

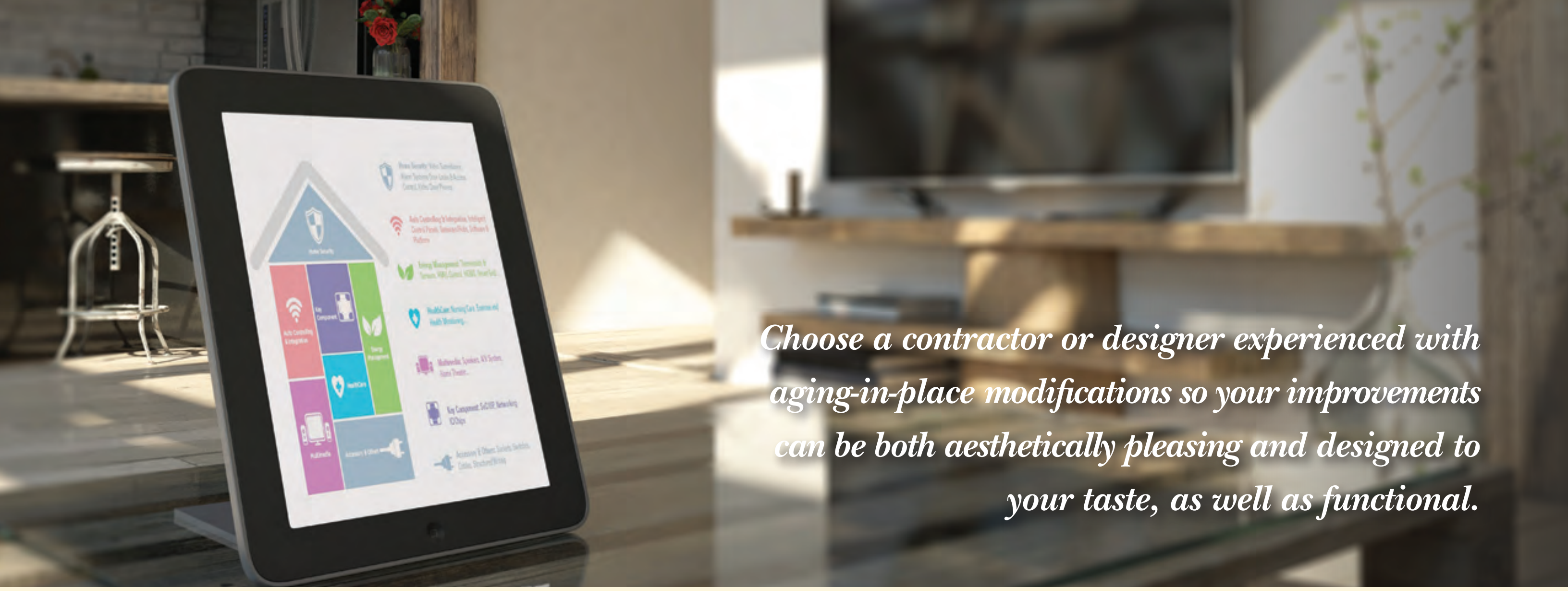
Creating balance includes:

1. A safe living space, with built-in technology

2. A planned approach to well-being and self-care

3. Wellness advocacy and care coordination for unforeseen short- or long-term care

Retiring comfortably and with readiness for longevity can be complex. But the tools are available to you to safeguard your retirement and prepare for the future you've always envisioned.



Home Accessibility and Technology

You've invested time and money improving and personalizing your living space, making it your home. Now is the time to place the finishing touches on your safe-haven in order to age in place.

Simple Modifications, Long-Lasting Impact

Making relatively simple modifications to your home is more economical than a major move or lifestyle change, and can be the difference between an enjoyable retirement at home versus a costly and detrimental injury.

The National Aging in Place Council recommends considering the following when looking at the degree of accessibility in your home:

- Is your master bedroom on the ground floor?
- How wide is the main entrance?
- Are there grab bars in your bathrooms?
- Do you have a walk-in shower?
- Can you eliminate carpet or rugs to prevent falls?
- Are there lower kitchen counters so you can sit and cook?

Whether you're installing a light switch by your front door or rearranging your first level to accommodate a master bedroom, it's a good time to begin researching and having a conversation with loved ones and industry experts about the possibilities.

Technology Provides More Choices for Engagement

Nothing replaces a face-to-face conversation. However, when in-person communication isn't readily available, digital technology has given us access to various levels of engagement, which for many, has provided a higher quality of life.

Technology supports our home accessibility as well. From smart speakers to WiFi thermostats, daily tasks can often be made easier and safer with these devices, allowing for healthier and happier lifestyles.

Am I ready?

☐ Home Accessibility and Technology

By 2035, the number of households with a person with a disability will reach more than 31 million, but very little house stock is equipped with no-step entrances or single floor living.[1]

[1]Joint Center for Housing Studies of Harvard University

7 Dimensions of Wellness

As adults move into retirement, they're doing what they've done their whole lives, just at an older age—thriving. Almost no one is resting on their laurels. In fact, they're becoming artists and writers, they're traveling and dating, teaching the next generations and they're starting new businesses.

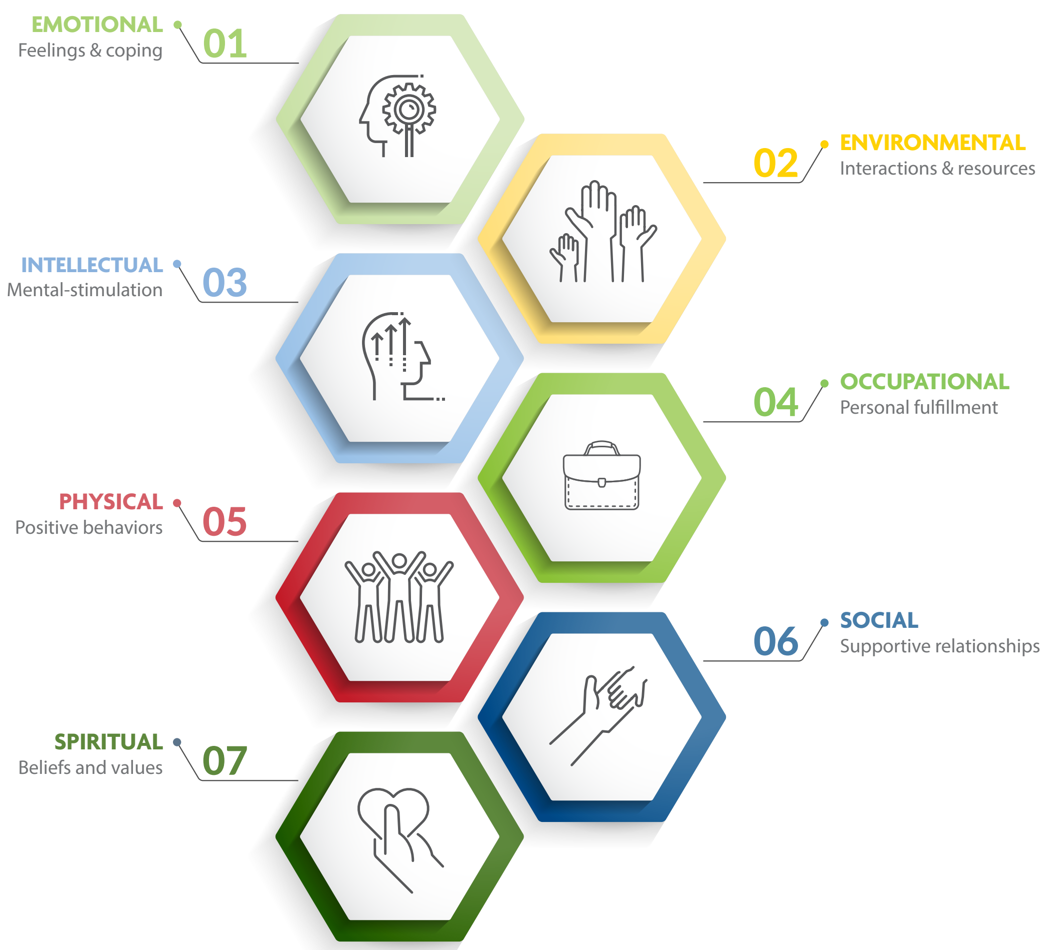
However, in order to thrive one must be *well.*

What is Wellness?

Princeton University defines wellness not as the opposite of illness—it is more than the absence of disease or distress. "It is a lifelong process of making decisions that support a more balanced life to maximize your potential," as stated in the University's UMatter Wellness Assessment, a tool Friends Life Care uses for self-reflection and goal-setting.

Often, we think about where we want to live, our family, and how we'd like to spend our time. We also deliberate over our health care plans—but few of us approach retirement with a well-rounded view of health and wellness.

Unfortunately, just a few short years after retirement many older adults begin to feel the realities of aging, and find that not everything goes as planned. Most likely, these realizations can be categorized under one of the seven dimensions of wellness:



You may be strong in some areas and lacking in others. Start with an honest review of your well-being and set attainable goals for improvement. Most importantly, use the resources available to you for increased quality of life.

Am I Ready?

7 Dimensions of Wellness

Wellness Advocacy and Care Coordination

Around 10,000 Americans turn 65 every day, the magical number synonymous with retirement. But boomers aren't ready to stop in their tracks, sit in a rocking chair on the porch, and play Canasta for the rest of their lives. In fact, many are looking at this next phase as a new chapter in their success story—*what am I going to do next?*

As you plan to pursue volunteer work, earn your next degree, or spend more time with your family, it's important to ensure you have a plan in place to pay for care, as the costs can be astronomical.

There are options to choose from, but one consideration that is often overlooked corresponds with them all; and that is **wellness and care coordination**.

What are Wellness Advocacy and Care Coordination?

Care coordination is the arrangement and facilitation of all care needed to support and improve the wellness of an individual. Care coordination should start with wellness advocacy when you are healthy, when a focus on prevention and fitness coaching are viable and effective. As you age, you may have a range of health conditions or medical services which require special attention and coordination, thus, care is overseen by a Care Coordinator.

The Truth About Long-Term Care

70% of those in their mid-60s are going to need some kind of long-term care, and the average cost is $89,000 per year, according to a 2019 study by the Insured Retirement Institute.

70% of those in their mid-60s need some kind of **long-term care**

Avg Cost:

$89,000 **per year**

61% of Americans age 65+ have multiple chronic conditions.[2]

3.7 2.2 Women tend to need care for 3.7 years, while men tend to need it for 2.2 years.[3]

20% of today's 65-year-olds will need long-term care support for more than 5 years.[4]

Incorporating a long-term care plan that includes a wellness and care coordination component into your retirement strategy is critical to developing a reliable and confident future that protects you and your family.

Am I Ready?

☐ Wellness and Care Coordination Plan

[2]National Institute on Aging
[3]U.S. Department of Health and Human Services
[4]U.S. Department of Health and Human Services

Readiness Survey

In building your plan, consider the foundation needed for aging in place and how equipped you are in each category. This readiness survey is designed to help you assess your preparedness and enable you to be proactive in areas that may need attention.

Find out if you're ready:

Planning to Age in Place

People are living 20-30 years or more after retiring at age 65. Do you have a plan and support system that will enable you to live independently at home after you retire?

Accessible Living

One in four adults ages 65 and older fall each year. Have you considered modifications to your home that might be necessary to improve safety and reduce the risk of injury?

Effects of Isolation

Socially isolated seniors are more susceptible to health issues. Are you confident that you'll be able to visit, socialize, and stay engaged with friends and family?

Long-Term Care

About half of Americans turning age 65 today will require long-term care. Are you financially prepared to pay for long-term care for a chronic illness or disability?

Technology

Technology is helping seniors thrive at home. Do you know how to use video apps, telehealth solutions, and/or voice-activated smart speakers to enhance your quality of life?

If you answered **"no"** to any of these questions, this could indicate a lack of preparedness in one or more areas for aging in place. We recommend taking a more comprehensive readiness survey at **FriendsLifeCare.org/Readiness-Score**. Let's find out where the gaps exist and work together to ensure that you're prepared for a safe, fulfilling retirement.

If you answered **"yes"** to all five questions, congratulations! You appear to be ready to age in place and enjoy retirement. Now is the perfect time to speak with a Friends Life Care representative to finalize and implement your plan. Visit **FriendsLifeCare.org/resources** for valuable tools and resources for aging in place and contact us for a free phone consultation at **(800) 496-1985**.

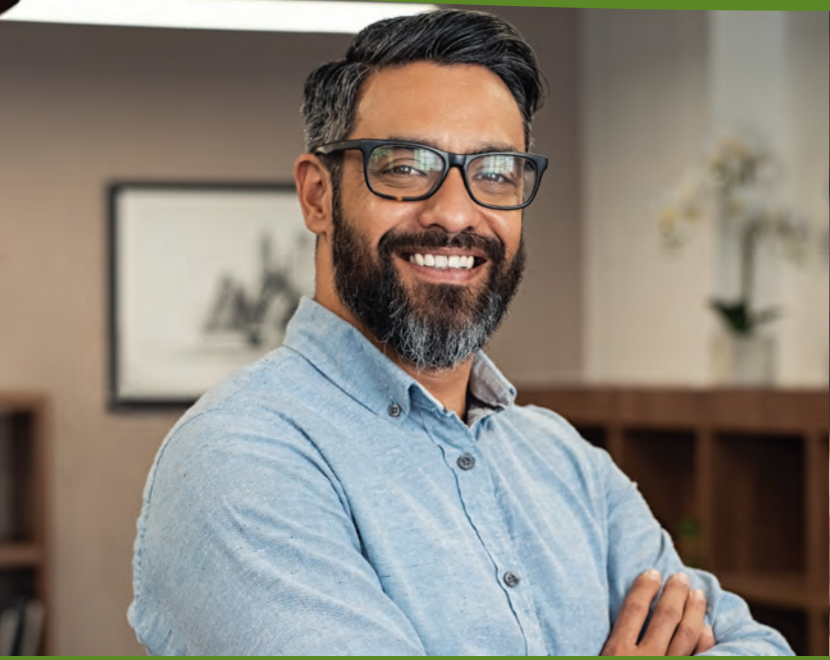
Take Charge of Your Future

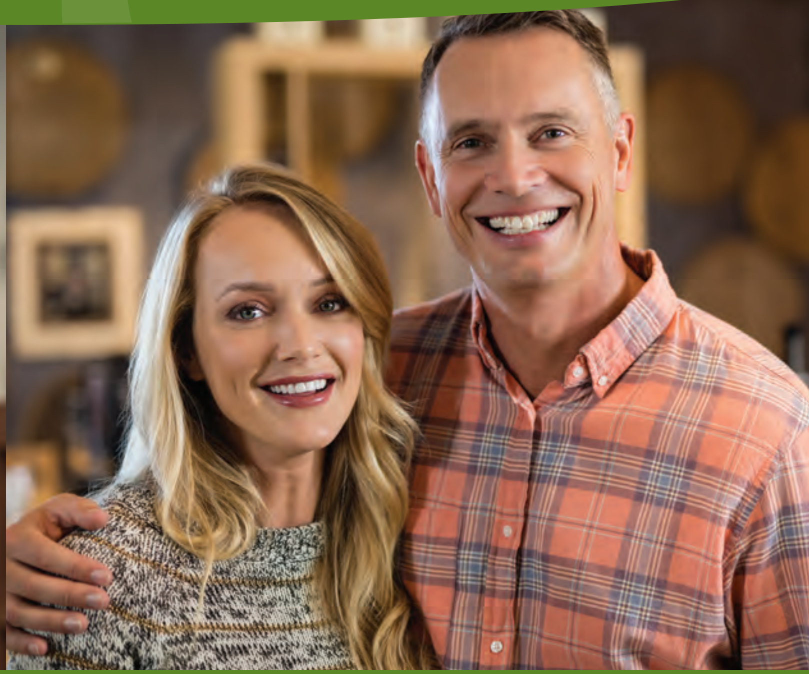
Your next phase of life should be magnificent. By taking charge today, you will take essential steps towards building a vital, secure, and independent future as you age in place.

For over 30 years, Friends Life Care has provided the answers to questions about how to attain home accessibility, wellness, and care coordination for thousands of members.

We provide a customizable and affordable long-term care plan that protects your savings, health, and independence.

From the moment you join, you are connected with a professional on our wellness and care coordination team who helps you with wellness, prevention and coordination of care if and when you may need it. Membership fits your living arrangements wherever that may be—in your own home, apartment, or continuing care retirement community. It can also supplement a long-term care insurance policy you already have.





Ready to take charge and lay the foundation for a secure future? Learn more about Friends Life Care by visiting **FriendsLifeCare.org**

Friends Life Care is a division of Friends Life Care Partners.

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460 Norristown Road, Suite 300, Blue Bell, PA 19422

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