

Stay Put Or Move On:

To Age in Place or Move to a Retirement Community

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Crabby Road

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With age comes wisdom, huh?
Apparently "wisdom" weighs about 40 pounds.

Community



Finding or Creating Community

❖ Why?

- Positive impact on the health, physical, and mental challenges that come with aging
 - ✓ It's been confirmed in the research on aging
 - ✓ A significant contributing factor to living independently in the Blue Zones

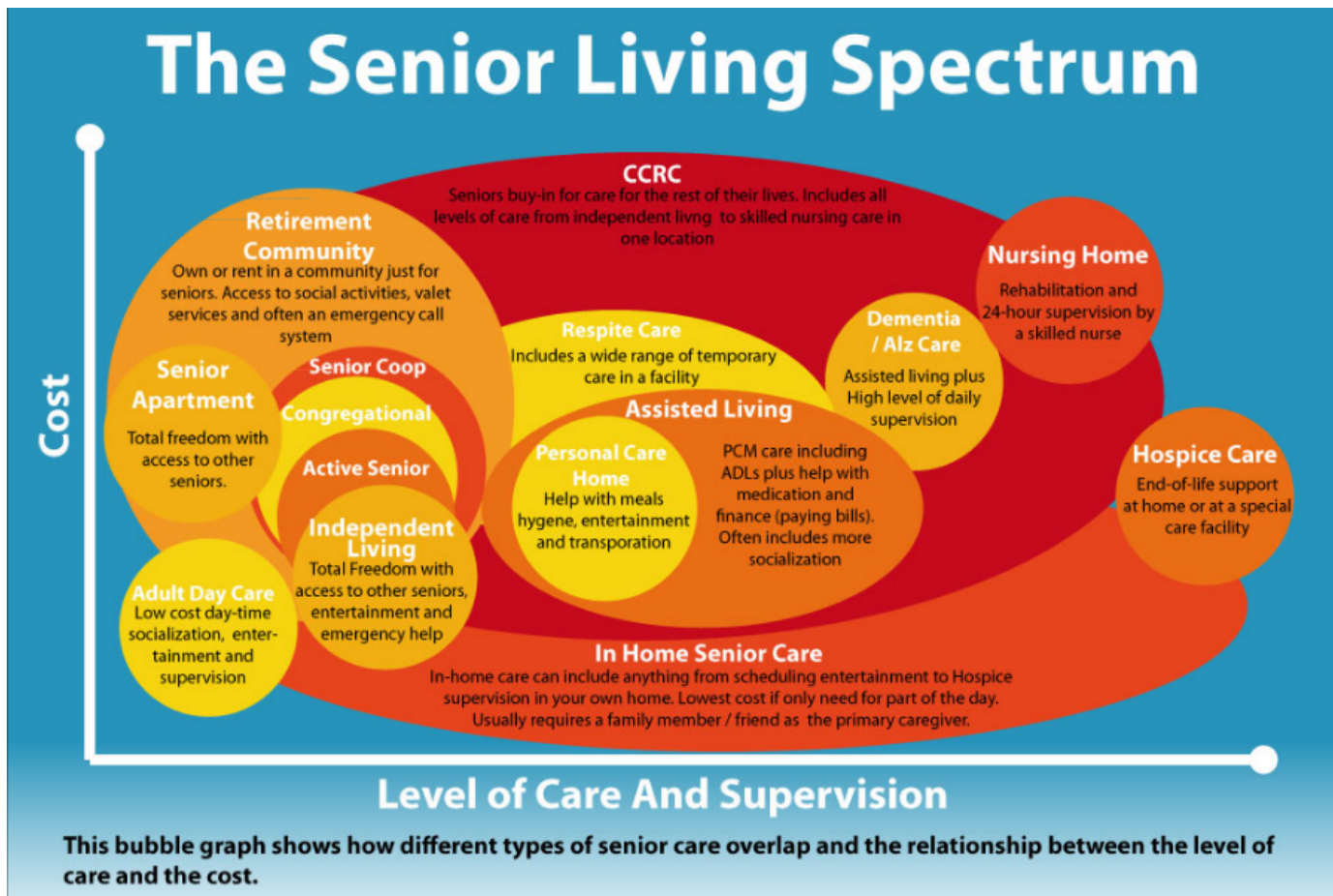
❖ What do we mean by community?

- A network of support and coordinated services designed to:
 - ✓ Promote independent living
 - ✓ Provide a continuum of care, as needed, over time

Finding or Creating Community

- ❖ Community is what is expected from CCRCs
- ❖ Essentially, it is how they define themselves
 - A network of support and coordinated services from people with the shared goal of promoting independent living and a continuum of care, as needed, over time
- ❖ The ideal would be to replicate that with any other choice of senior/elder living

Aging Options



Senior Aging / Housing Options: Lots of Names – Not the Same

- ❖ Age Restricted / Age Qualified / 55+ / Active Adult / Intentional Community / Retirement Community
 - Varied age restrictions
 - Some aging in place construction (no uniform standards)
 - Either no, or partial aging and health-related services
 - Examples of 55+:
 - ✓ Del Web - Carolina Preserve, David Weekly – Encore
 - Co-housing / Congregational Housing
 - Assisted Living
 - Independent Living Retirement Communities (rental):
 - ✓ Atria Southpoint Walk, Bartlett Reserve, Emerald Pond

Senior Apartments

❖ Senior Apartments

- Locally, the term refers to low income apartments for the elderly (usually defined as 55 +)

❖ Senior “friendly” apartments

- Often found advertised in senior magazines
- Same apartments advertised in college magazines as “student friendly”
- Many apartment complexes, however, do have some ADA (Americans with Disabilities Act) units available

Co-Housing

- “Cohousing attempts to capture the kind of community values lost when village life gave way to urbanity ...

the values of cooperation, collaboration and trust are intentionally embraced.”

Co-Housing

- ❖ Co-Housing may involve seniors, but generally:
 - They are multigenerational
 - Sometimes categorized as “Intentional Community”
 - A form of communal living
 - Co-op or condo financial model

- ❖ Not specifically oriented toward Aging in Place, but, by nature, the concept lends itself to aging in place
 - Mixed age range benefits seniors (realistically, everyone)
 - Communal living and eating areas – promote interaction
 - Sense of community – fosters building relationships
 - Group decision making on matters that affect the community

Co-Housing Video

❖ Co-Housing – Intentional Community

<https://www.youtube.com/watch?v=DmWrx0ntATU>

[8:45]

Co-Housing

❖ Co-Housing in Durham/Chapel Hill

Durham

Eno Commons (1998) Solterra (1998)

Durham Central Park (2014) Village Hearth (2018)

Intown Neighborhood Place (2018)

Chapel Hill

Arcadia (1995) Pacifica (2006)

Elder Commons (2020)

❖ More information:

✓ www.cohousing.org

Naturally Occurring Retirement Communities



Naturally Occurring Retirement Community [NORC]

- ❖ Also known as “The Village Concept”
- ❖ NORCs are another example of **intentional community**
 - Neighbors joining together to provide information, support, and services for Aging in Place
- ❖ NORCs in this area include: Fearrington Cares in Fearrington Village, Falconbridge, and Cameron Park (Hillsborough)
 - Carolina Villages, a broadly based NORC providing help with aging to residents of Chapel Hill and Carborro, ceased operations as of May 31, 2017

NORC Video

How More Americans Are Aging in Place

www.youtube.com/watch?v=5VqgSkN14JE

[to 4:18]

Some Options for Creating an Aging in Community Environment

A. Aging in Place

1. You/your children/family members/friends create and manage a community of support and care
 - ✓ That promotes a healthy, active, engaged lifestyle
 - ✓ Supplemented with Home Care Support – Home Health Services
 - ✓ Possibly Assisted Living and/or Skilled Nursing at another location

2. Enter into an “intentional community” – 55+, Co-Housing, NORC
 - ✓ Active lifestyle usually built-in
 - ✓ Supplemented with Home Care Support – Home Health Services
 - ✓ Possibly Assisted Living and/or Skilled Nursing at another location

Options for Creating an Aging in Community Environment

3. CCRC "at Home"

- ✓ Early Acceptance / Early Advantage program
 - Currently offered by Carol Woods and Carolina Meadows
- ✓ Can be expensive
 - Entrance fee and monthly fees involved as you are considered a "resident"

Navigating Retirement Living Choices

- ✓ MyLifeSite Retirement Living Decision Tree

CCRCs

- ❖ Financial Models / Contracts *
- ✓ Life Care / Entrance Fee
- ✓ Modified Plan / Entrance Fee
- ✓ Fee for Service / Entrance Fee
- ✓ Fee for Service / Equity Purchase
- ✓ Fee for Service / Rental

* Noted on the course syllabus

CCRCs

- Setting
 - ✓ Urban – Suburban - Ex-urban
- Health Services
 - ✓ Home Care in differing forms
 - ✓ Medicare – most approved
- Services included in the monthly fee
 - ✓ All/some utilities
 - ✓ Some form of meal plan
- Amenities
 - ✓ Dining venue(s), garden(s), building connections

As the Saying Goes ...

- If you've seen one CCRC
 - You've seen one CCRC

Evaluating CCRCs

❖ Starts with you

- What is your vision of life going forward?
 - ✓ What are the important elements?
- Would a CCRC be the right/best place to achieve that vision?

❖ Some suggestions for evaluating CCRCs relative to your vision of the future

- Is [CCRC] a community I/we would feel comfortable in, both culturally and environmentally?
- Is [CCRC] a community that would benefit me/us in terms of lifestyle, growth and decline?
- Bottom line: would I/we feel comfortable and confident in my/our future at [CCRC]?

Evaluating CCRCs

- ❖ Ohio State University Retirees Association: CCRC Evaluation Guide – “Categories”
 - ✓ Financial model?
 - ✓ Levels of care offered?
 - Home Care, AL, SN, Memory Care
 - ✓ For profit or not-for-profit?
 - ✓ How is the community managed? Do residents participate?
 - ✓ Accreditations? Licensing?

Evaluating CCRCs

- Types of living units?
 - Dining options? Meal plans?
 - On-site Amenities?
 - Social, recreational, spiritual programming?
 - Transitioning – who decides? How fees affected?
 - What to look for on a site visit.
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- ❖ Spomo website
 - A Guide Sheet for Evaluating CCRCs

