

UWRA FORUM

Housing Options for Older Adults

June 20, 2018



STAYING IN YOUR HOME

How to make it feasible as long as you are able

> Positives

- Familiarity
- Long-term relationships – friends, family, community
- Pattern of activities and habits

These can extend your ability to live independently

THREE ESSENTIALS

To extend the time you can stay in your home

- > **Access to assistance**
- > **Assurance that your house can safely accommodate your needs**
- > **Availability of interaction with other people**

WHEN PROBLEMS ARISE

The desire to stay in our homes can outlive our ability to do it well: *Nothing stays the same!*

- > Upkeep becomes a burden
- > Wellness and ability may decline
- > Mobility and transportation may be a challenge
- > Neighbors and neighborhoods change
- > Isolation increases

CREATIVE ALTERNATIVES

Evaluate realistically – may work only for awhile –
You may have to be your own ‘Sherpa’

> Home-sharing

- with friends/age peers
- across generations

> Co-housing

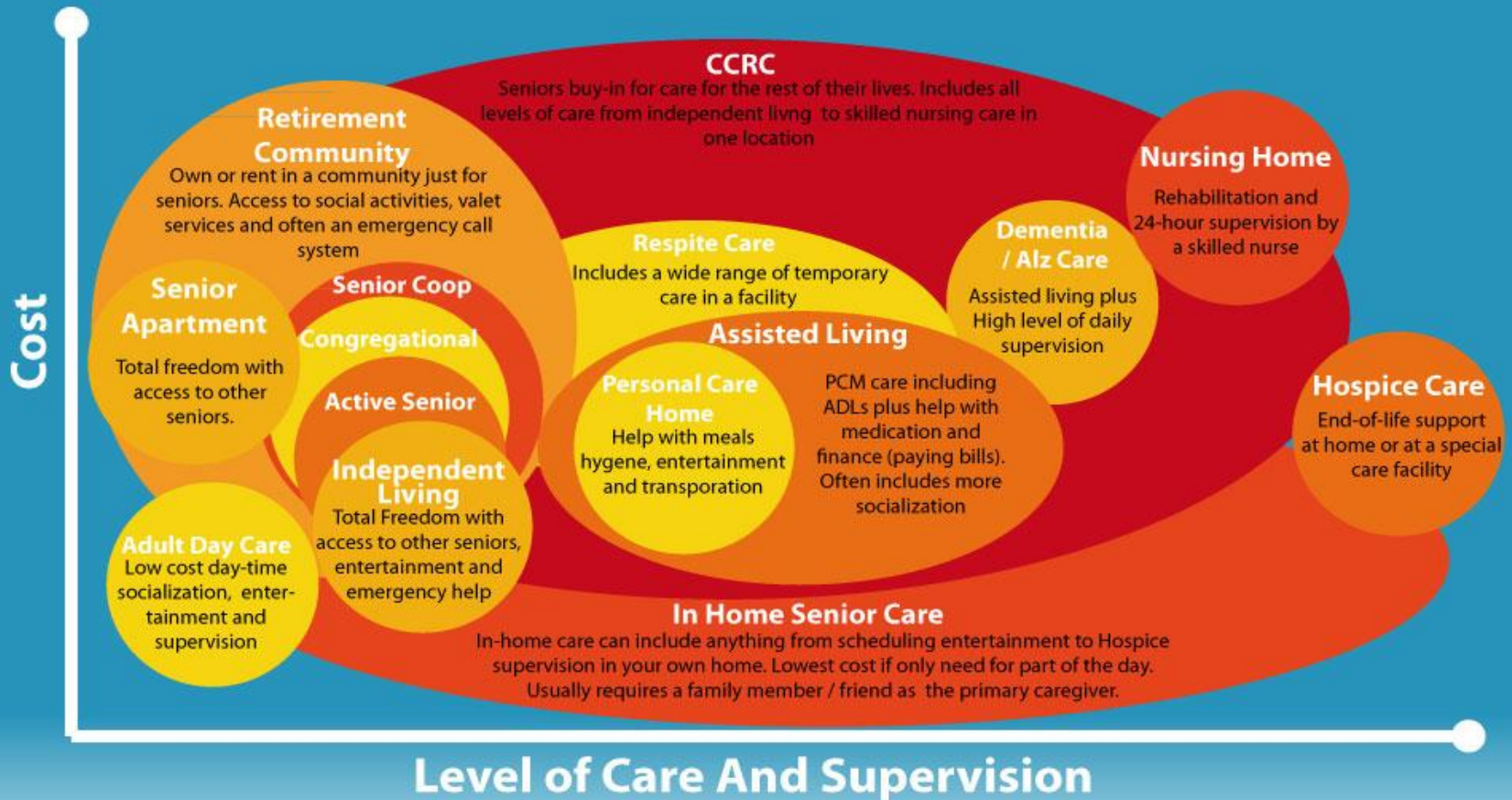
> Moving to live with/near family members

OTHER OPTIONS FOR RETIREMENT HOUSING

- > “Right-sizing” to an apartment or condominium
 - For those with time and health, a next step
 - > Provides privacy with proximity to community
 - > Easier lifestyle; fewer stairs; lock-and-go
 - Remember to plan for management fees
 - May still need services

Ref: Hearthstone

The Senior Living Spectrum



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

Create by SeniorLiving.Org

LOW-INCOME OPTIONS FOR OLDER ADULT HOUSING

- > **Apartments in 'Senior' buildings**
 - **Seattle Housing Authority**
 - **Senior Housing Assistance Group (SHAG)**
- > **Affordable retirement communities**
 - **Northhaven** (month-to-month; most levels of care)
 - **Foundation House** (independent and assisted living)
- > **Expect waiting lists!**

TYPES OF RETIREMENT COMMUNITIES AND LEVELS OF CARE

ACTIVE LIVING RETIREMENT COMMUNITIES

- > **Independent living**
- > **Buy-in arrangements**
- > **Programs (social, educational, wellness)**
- > **Few support services**

- > **Example: Trilogy**

TYPES OF RETIREMENT COMMUNITIES AND LEVELS OF CARE

MONTHLY RENTAL RETIREMENT COMMUNITIES

- > **Independent living**
 - Types and levels of assisted care variable or you hire
 - You may have to move if your health changes significantly
- > **Lower entrance fee, no buy-in; you keep your nest egg**
- > **Cost per month often comparable to buy-in + monthly costs of CCRCs**

Examples: University Houses, Merrill Gardens

TYPES OF RETIREMENT COMMUNITIES AND LEVELS OF CARE

CCRCs-Continuing Care Retirement Communities

- > Independent and assisted living; skilled nursing; sometimes memory care
- > Upfront buy-in + monthly fee
 - Guarantees continuing care
 - > Monthly costs rise as level of care increases
 - All or part of buy-in fee may be refunded on exit

Examples: Bayview Manor, Mirabella, Horizon House, Wesley Homes, Hearthstone

TYPES OF RETIREMENT COMMUNITIES AND LEVELS OF CARE

LIFE CARE COMMUNITIES

- > **Up-front buy-in + monthly fee**
 - **Guarantees continuing care at same cost/mo.**
 - > Monthly Fees usually higher than CCRCs
 - > Predictability a plus; most monthly costs do not change as level of care increases
 - > You may be paying for services you don't need/aren't getting

Example: Skyline

CHOOSING WHERE TO LIVE

- > **Continuity and familiarity may be important**
- > **Want to be near family -- now, later, never?**
 - If you have children, are they offering to take on some level of care for you? Is this what you want?
 - If you move to be near your family, do not expect them to be your primary social connection
- > **Proximity to other important friends/care supports/DPOA? Medical providers?**

CHOOSING WHERE TO LIVE

If you move out of state:

- >Check on portability of your medical coverage**
- >Arrange to change medical providers**
- >Make sure your living wills, DPOA and other legal documents will be effective where you move**

EXPLORING RETIREMENT COMMUNITIES

Checking it out: Is this place a good fit for you?

Panelists today, friends, on-line advice:

All great sources for ideas about how to narrow your choices among retirement communities.

CULTURE OF RETIREMENT COMMUNITY

Factors to Consider

- > Are the residents your 'peers' in terms of interests, values, backgrounds?**
- > Desired amenities and programs**
 - Intellectual, cultural, social activities
 - Other services
- > Housing management firm (quality, track record, for-profit vs. non-profit)**

WEIGHING YOUR CHOICES

Three principles to keep in mind

- > **You're planning now for later**
 - Anticipate change
- > **There is no ideal solution**
 - All housing options have pros and cons
- > **Do an honest self-assessment**
 - Outline your priorities

SIGN ME UP – NOT SO FAST

Eligibility

Most retirement communities with independent living require at move-in

- > That you can function independently
- > That you can verify your financial solvency
- > That you are of 'sound character'!

Non-discrimination laws

HOW MUCH?!?

DETERMINING WHAT YOU CAN AFFORD

Retirement Housing Affordability Worksheet

> Housing and Food Expenses

- Note that some costs will increase, others will decrease or disappear
- What's included in monthly fees varies by community

> Personal/discretionary expenses may stay the same

> Ne\$t egg from sale of your current home

OPTIONS FOR WHEN YOU NEED CARE

Adult Family Homes offer

- > **Room and board in a residential home**
- > **Limit of six residents**
- > **Custodial (personal/hygiene) care**
 - Some include dementia care
- > **Located in residential communities**

OPTIONS FOR WHEN YOU NEED CARE

Assisted Living

- > **Catch-all category – ask questions!**
- > **Various levels of care support Activities of Daily Living (ADL's)**
- > **More expensive than independent living, less than skilled nursing; long-term care ins. may apply**
- > **CCRCs offer assisted living at increased cost**
 - May include dementia care
- > **Example: Aegis Living (assisted living with focus on dementia care); CCRCs**

OPTIONS FOR WHEN YOU NEED CARE

Skilled Nursing Facilities (Nursing Homes)

> For residents

- unable to transfer (ex: bed to chair)
- Medical needs or dementia care

> Skilled nursing, therapy, some medical, custodial care

> Rehabilitation services (short-term)

> Part of Life Plan/CCRCs

- Example: Mount St Vincent, Mirabella, Horizon House, Skyline, Ida Culver Broadview

ASSESSING QUALITY OF CARE

Where to get independent quality ratings or reported concerns

- > Government web sites – Center for Medicare & Medicaid Services (CMS)**
- > Long-Term Care Ombudsman, State of Washington**

THE BIG QUESTION: DECIDING WHEN TO MOVE

Make your choice while the choice is yours to make

- > Make plans while you can make good ones
(don't wait to be forced by circumstance)**
- > Keep your children/significant others
informed**
- > Move while you can adapt to change**
- > Give yourself time to make new friends
and build community**

FOCUS ON YOUR PRIORITIES

What is most important to you at this life stage?

How do you want to spend your time and energy?

MAKING THE MOVE

Invest in decreasing your stress

- > **Make the kids get rid of the stuff they've left behind**
- > **Consider hiring help**
 - **Buy the help you need to avoid exhausting yourself**
 - **Services can be purchased a la carte – hire out the jobs you like least**

AFTER THE MOVE

Allow yourself time and grace to adjust

- > **Know how you handle change and loss**
- > **Be open to the new**
- > **Accept help**
- > **Find ways to give back**
- > **Maximize the positive results**

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Q & A

