RETIREMENT OPTIONS

with The Forest at Duke

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Welcome!



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Retirement Options

1. **Making a plan**
2. **Aging in place**
    a. Physical Space
    b. Other Considerations
3. **Continuing Care Retirement Communities**
    a. Definition and Benefits
    b. Contract Types
    c. NCDOI
    d. Wait Lists
4. **Early Acceptance/Off-campus Residency**
5. **Next Steps**



Importance of Planning

- Living Longer
- Baby Boom and Senior Living Resources
- Owning your Future
- Protecting your Loved Ones

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Importance of Planning

- Every day, 12,000 Americans turn 65. Life expectancy has increased by ten years in the last century.
- 70% of people turning 65 today will need supportive care at some point in their lives.
- Working, middle-aged women bear most of the psychological and financial costs of caring for aging parents.

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Aging in Place

Prepare your space:

Flooring- limit surfaces that may cause slipping or tripping

Grab bars in bath and shower

Stairs- consider installing a ramp, move primary bedroom to first floor if possible, install handrails



Aging in Place

Prepare your people:

Legal Matters- POA, Healthcare POA, Advanced Directives

Communicate your wishes

Talk to your doctor- based on current health condition, what support might I need?



What is a CCRC?

MULTIPLE LEVELS OF CARE

A Continuing Care Retirement Community is a community that provides multiple levels of care. Each offers Independent Living, Assisted Living, and Skilled Nursing, and many also provide Memory Care.

AMENITIES

Most CCRCs offer resort-style amenities like dining venues, entertainment, enrichment opportunities, housekeeping services, and fitness offerings.

COMMUNITY

CCRCs provide connection and belonging, support and socialization.

CCRC Benefits

Security of Continuum

Community

Enrichment Opportunities

Support and Resources

Freedom



CCRC Considerations

Equity or non-equity

Contract Type

CARF Accreditation

Financial Solvency

Size and Atmosphere

Wait List



Type A Contract: Extended

- Monthly fees do not increase if your level of care increases
- Usually, the entry fees look higher
- LTC insurance may not be beneficial
- Financial risk is mostly borne by the community

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Type B Contract: Modified

- Monthly fees change if care is needed, but to a limited degree
- Usually, the community offers a combination of discounted long term care and prepaid days
- LTC insurance is beneficial but not necessary
- Financial risk is shared between resident and community

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Type C Contract: Fee for Service

- Residents pay market rates for long term care
- Usually, the entry fees and/or monthly fees in independent living look lower
- LTC insurance is very beneficial
- Financial risk is borne by the resident

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Wait Lists

- Most CCRCs have long wait times. Take this step EARLY.
- Get on more than one list.
- If possible, be open and flexible about floor plan and timing.

Early Acceptance

- Off-campus residency program offered by several CCRCs
- Benefits of residency while remaining in your own home
- Smaller monthly fee with insurance of care continuum

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Redefine retirement.

On or off-campus, our residents enjoy the freedom and peace of mind that comes with access to a full continuum of award-winning long term and short term care.

	On-Campus	Off-Campus
Access to fitness classes, saline pool, and gym, along with lifelong learning and performing arts opportunities	✓	✓
Access to short term rehab and therapies	✓	✓
Coordination of care provided by a health care professional	✓	✓
Access to long term assisted living, skilled nursing, and memory care in our award winning health center	✓	✓
Housekeeping, maintenance, and 24-hour respond services in your residence	✓	
No move required; remain in your own home		✓

Early Acceptance is a flexible residency program with The Forest at Duke that is available for qualified Future Residency Program (wait list) members who are 65 – 80 years old, with residences within 20 miles of The Forest at Duke's main campus.

Instead of moving directly to The Forest at Duke campus, Early Acceptance members live off campus in their own homes with the security of knowing that they are already accepted into the community.

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EARLY ACCEPTANCE PROGRAM



North Carolina Department of Insurance

www.ncdoi.gov



Next Steps

- Talk to a financial planner about CCRC affordability
- Designate a Healthcare Power of Attorney and prepare advanced directives, if you have not done so already
- Gather information and get on at least one wait list

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Questions?

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Thank you for joining us!



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