



Are You Ready?

*A Look at What the New Age
of Retirement Means to You*



Friends LifeCareSM

Your Life • Your Independence • Your Home

FriendsLifeCare.org

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

What the New Age of Retirement Means to You

Where do you want to live?

What is in your bucket list?

How far can your savings take you?

Who will provide needed care?

These are some of the questions posed in this guide to help get you thinking about your own retirement journey. We hope you find it useful and interesting.

Friends Life Care Partners is a pioneer in developing and providing continuing care at home services. Our family of companies includes three divisions:



Friends LifeCareSM - Care and Financial Benefits for Life Planned at Home



Intervention AssociatesSM - Care Management and Guardianship Services



Friends LifeCare ConsultantsSM - Consulting Services to the Senior Housing and Healthcare Industry





Friends LifeCareSM

Your Life • Your Independence • Your Home

Planning for retirement comes with a lot of questions. That's why Friends Life Care is dedicated to helping you plan and to answering any questions you may have along the way.

Let's start by addressing the one that's likely been on your mind:

Am I ready?

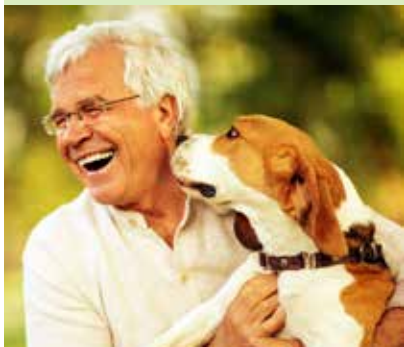
That's a complex question, and one that is very personal. There are so many things to consider: where you'll live, what you'll do, what your personal finances can support—and this is not even considering which items on your bucket list you want to cross off first! Figuring out the next chapter of your life before you're experiencing it can be difficult to conceptualize, and even harder to plan for. This questionnaire can help you think through the many factors there are to consider. Read on and start looking into what retirement means for you so you can develop the right plan.



Where Do You Want to Live?

Deciding where you want to spend your retirement is arguably the first major decision that should be made when mapping out a retirement plan. This is because where you live directly influences other important decisions to be made regarding preferred lifestyle and finances.

87%
of adults 65+ want to stay in their current home and community as they age.¹



I want to spend my retirement living:

- In my current home
- In a new home in a different location
- In different homes that I own, depending on the season (a home in Pennsylvania and a home in Florida, for example)
- In a Continuing Care Retirement Community (CCRC)
- With family or children
- Other: _____

If you are married, do you and your spouse agree about where you want to live?

- Yes
- No

People between ages 65 and 74 have nearly seven hours of leisure time each day, and it jumps to over eight hours among those ages 75 and older—the most of any age group.

According to the 2014 results of the American Time Use Survey conducted by the Bureau of Labor Statistics.



What Will You Do?

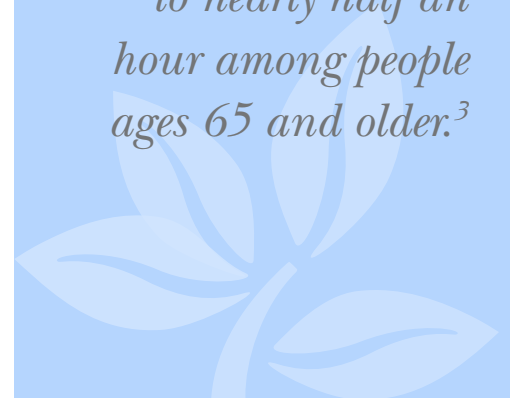
Do you want to travel the world and cross items off of your bucket list one by one? Do you imagine attending your grandchild's soccer game every weekend? Do you think you'll refine your artistic passion by taking a few courses at a local college? What about working or volunteering to continue to share your knowledge and skills? Today's retirement does not follow a one-size-fits-all mentality. Establishing goals and desires that are unique to you are essential for planning for the next exciting chapter in life.

71% consider travel in retirement an important goal worth saving for; **47%** regard it not as a luxury but a necessity.²

What do you picture yourself doing in retirement?

- | | | |
|---|--|---|
| <input type="checkbox"/> Traveling | <input type="checkbox"/> Working part time | <input type="checkbox"/> Visiting friends |
| <input type="checkbox"/> Taking classes | <input type="checkbox"/> Volunteering | <input type="checkbox"/> Grandparenting |
| <input type="checkbox"/> Other: _____ | | |
| _____ | | |
| _____ | | |
| _____ | | |

The typical American spends a third of an hour each day volunteering or engaged in civic or religious activities. But the time spent volunteering jumps to nearly half an hour among people ages 65 and older.³



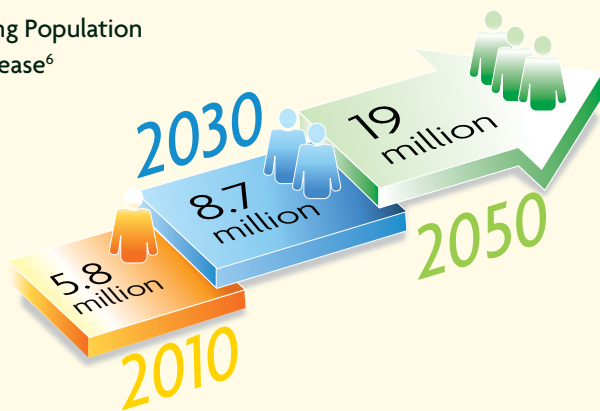
Have You Saved Enough?

One of the key challenges in preparing for retirement is determining if you've saved enough to pursue your dreams and ensure that you can take care of your health. The reality is that long-term care (LTC) is becoming more expensive every year. Plus, with the population of people 65+ getting larger, government programs such as Social Security and Medicare might not be as financially supportive as they once were. That's why it's important to figure out your finances well before you retire.

In fact, 2 out of 3 people don't even have conversations about long-term care before they're faced with making decisions.⁴ Yet, having an idea of which direction your path is headed in is essential to continuing the meaningful and fulfilling life you've built for yourself.

Let's consider a few interesting facts. The U.S. population is expected to become much older, with nearly one in five residents aged 65 and older in 2030.⁶ Additionally, at least 70% of baby boomers are expected to need some long-term care services at some point.⁷

Aging Population Increase⁶

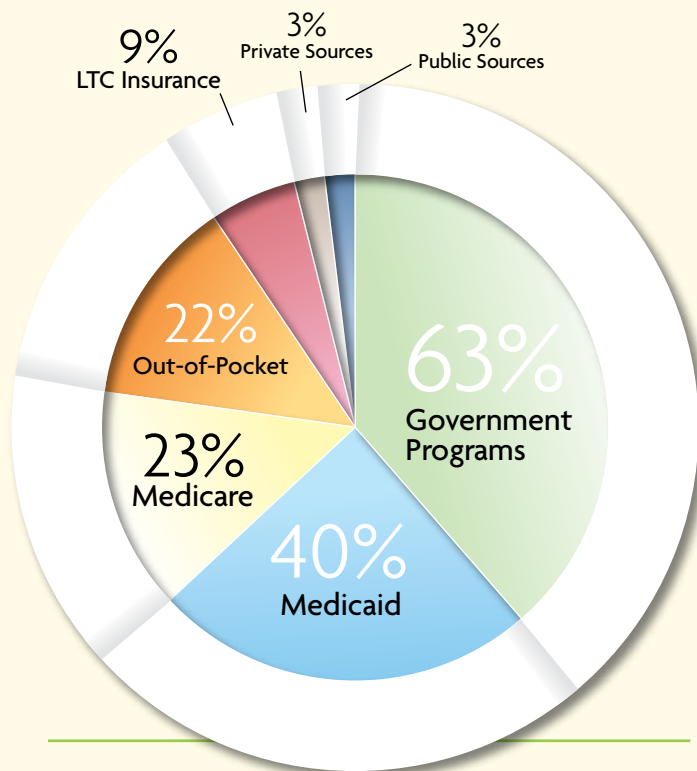


"The number of people in the oldest-old age group is projected to grow from 5.8 million in 2010 to 8.7 million in 2030. In 2050, this group is projected to reach 19 million."

(In this report, the term "oldest old" refers to those aged 85 and older.)⁶

Consider your savings. How many years of retirement have you saved for to support your current standard of living?

- I've saved enough and am not concerned with outliving my money.
- 10 to 20 years
- 20 to 30 years
- Other: _____



"Because the majority of Americans do not plan in advance to fund LTC, government programs currently account for 63% of LTC funding, with Medicaid paying for 40% and Medicare paying for 23% in the form of post-acute care. The remaining 37% comes from out-of-pocket spending (22%), LTC insurance (9%), other private sources (3%), and other public sources (3%)."⁵

25% of people said they'd let Medicare pay for long-term care — a major problem since, in the vast majority of cases, Medicare does not pay for long-term care costs.¹⁰

\$40,938

*The average amount retired households spend per year.**

A good rule to go by is that you'll need 70% of your pre-retirement yearly salary to live comfortably.⁹

*According to the most recent Consumer Expenditure Survey conducted by the U.S. Bureau of Labor Statistics.⁸



Who Will Provide Your Care?

Nearly **70%** of people over the age of 65 will experience a **life altering health event** requiring some kind of long-term care.

Part of ensuring that you have peace of mind in retirement is making sure you know who is going to provide you with care down the road should you need it. Knowing where you will turn when you experience a change in your health is a critical step in planning for your next chapter.

Who is going to take care of you when you need help?

- My family
- My friends
- Whatever support my long-term care insurance provides
- Other: _____
- The government
- I don't know

*Did you know that by the year 2030:**



**According to a study by the American Hospital Association (AHA)¹¹*

A Look at Nursing Homes

- Approximately 40% of baby boomers are projected to require nursing home care.⁵
- The median annual cost of a private room in a nursing home is \$90,520.⁵
- Total costs can be affected by many factors including:¹³
 - Time of care. Services are provided in blocks of time called “visits,” which are usually less expensive on weekdays and more expensive in the evenings, on weekends, and on holidays.
 - Use of services considered “beyond the basics.” Services provided in addition to the basic room, food, and housekeeping fees will cost extra, except at facilities that have “all inclusive” fees.
 - Some additional services require a per-day rate. For example, rates for some community programs, such as adult day services, are provided at a per-day rate. They may also include fees beyond the day rate for extra events and activities.



Take Charge of Your Future

Friends Life Care is a nonprofit Quaker organization that offers a unique and affordable alternative to long-term care insurance or moving into a facility. We are the largest and oldest organization of our kind in the nation. Our members rely on us to help them assess their current health and wellness goals and to collaborate with them, year over year, as a trusted partner in aging in place.

Knowing where to turn when you experience a change in your health will give you peace of mind. We are dedicated to answering your questions about who will provide your care as time goes on, and helping you secure a meaningful retirement that works with your personal goals and aspirations. By offering a unique membership plan that combines financial security, considerate care, and retirement coaching, Friends Life Care is here to help you answer the question “Am I ready for retirement?” and act accordingly once you are.

While the answers you filled out during this assessment might have been helpful in your retirement planning process, we understand that there are numerous factors to consider.

We encourage you to visit our website at FriendsLifeCare.org where you can learn more about scheduling a consultation with one of our representatives or attending one of our free informational seminars.



References:

1. AARP PPI, “What is Livable? Community Preferences of Older Adults,” April 2014, <http://www.aarp.org/ppi/issues/livable-communities/info-2015/what-is-livable-AARP-ppi-liv-com.html>
2. The Unlikely Secret to a Happy Retirement, TIME, <http://business.time.com/2013/12/12/the-unlikely-secret-to-a-happy-retirement/>
3. 10 Ways Retirees Spend Their Newfound Free Time, US News & World Report, <http://money.usnews.com/money/blogs/planning-to-retire/2015/06/26/10-ways-retirees-spend-their-newfound-free-time>
4. Infographic: A Guide To Nursing Home Costs, U.S. News & World Report, <http://health.usnews.com/health-news/best-nursing-homes/articles/2015/03/05/infographic-a-guide-to-nursing-home-costs>
5. The Long-Term Care Financing Crisis, The Heritage Foundation, <http://www.heritage.org/research/reports/2013/02/the-long-term-care-financing-crisis>
6. The Next Four Decades, US Census Bureau 2010
7. U.S. Department of Health and Human Services, September 2008, cited in Genworth Financial, “Statistics,” <https://www.genworth.com/lets-talk/ltc/planning-for-long-term-care.html>
8. The High Costs of the Retirement Dream, U.S. News & World Report, <http://money.usnews.com/money/retirement/slideshows/the-high-costs-of-the-retirement-dream>
9. Ultimate Guide to Retirement, CNN Money, http://money.cnn.com/retirement/guide/basics_basics.moneymag/index7.htm
10. What Do People Really Know About Long Term Care, Next Avenue, <http://www.nextavenue.org/what-do-people-really-know-about-long-term-care/>
11. Baby Boomers to Challenge and Change Tomorrow’s Health Care System, American Hospital Association, <http://www.aha.org/presscenter/pressrel/2007/070508-pr-boomers.shtml>
12. The Long-Term Care Financing Crisis, The Heritage Foundation, <http://www.heritage.org/research/reports/2013/02/the-long-term-care-financing-crisis>
13. Costs of Care, LongTermCare.gov, <http://longtermcare.gov/costs-how-to-pay/costs-of-care/>



**Friends LifeCare
Partners**SM

Pioneer. Innovate. Inspire.

OUR FAMILY OF COMPANIES:



Friends LifeCareSM

Your Life • Your Independence • Your Home



**Friends LifeCare
Consultants**SM

The Continuing Care at Home Experts



**Intervention
Associates**SM

Care Management and Guardianship

531 Plymouth Road; Suite 500

Plymouth Meeting, PA 19462

FriendsLifeCarePartners.org

215.628.8964

© Friends Life Care 2018. All Rights Reserved.



Friends LifeCareSM

Your Life • Your Independence • Your Home



FriendsLifeCare.org

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