

# THE PERFECT RECIPE FOR AGING IN PLACE




## WHAT INGREDIENTS ARE IN YOUR PLAN FOR VIBRANT AGING?


HOW MUCH HAVE YOU SAVED FOR RETIREMENT AND IS IT ENOUGH?

# SAVE 10X

YOUR INCOME BY AGE 67 TO MAINTAIN YOUR LIFESTYLE IN RETIREMENT.

BY AGE 60: 

SAVE 8X YOUR INCOME

BY AGE 50: 

SAVE 6X YOUR INCOME



STAY ON TRACK WITH YOUR FINANCIAL GOALS TO PREPARE FOR A SECURE FUTURE.

## WHERE DO YOU WANT TO LIVE AS YOU AGE?

95% OF PEOPLE OVER 55 SAY AGING IN PLACE IS AN IMPORTANT GOAL FOR THEM.

SOURCE: U.S. NEWS SURVEY



ONLY 10% OF AMERICAN HOMES ARE "AGING READY."

SOURCE: U.S. CENSUS BUREAU

PREPARE FOR VIBRANT AGING. MAKE YOUR HOME SAFER AND MORE COMFORTABLE AS AN INGREDIENT IN YOUR RECIPE FOR AGING IN PLACE.

## WHAT ARE YOUR RETIREMENT PASSIONS AND PRIORITIES?

### VIBRANTLY AGING SURVEY

Q

HOW DO YOU MAINTAIN PURPOSE AND PASSION AS YOU AGE?

A

I'M HAPPIER THAN EVER. SINCE RETIRING, I'VE STAYED BUSY WITH ACTIVITIES I ENJOY AND MADE MANY NEW FRIENDS.

SOURCE: FRIENDS LIFE CARE'S VIBRANTLY AGING SURVEY



AS PART OF A FRIENDS LIFE CARE MEMBERSHIP, YOU'RE PARTNERED WITH A CARE COORDINATOR FOR WELLNESS AND PREVENTION.

## HOLISTIC WELL-BEING:

WHICH OF THESE 7 DIMENSIONS OF WELLNESS ARE PART OF YOUR PERFECT RECIPE FOR VIBRANT AGING?

PHYSICAL

SPIRITUAL

EMOTIONAL

SOCIAL

ENVIRONMENTAL

OCCUPATIONAL

INTELLECTUAL

CLICK HERE TO LEARN HOW A FRIENDS LIFE CARE WELLNESS COORDINATOR CAN HELP YOU ACHIEVE HOLISTIC WELL-BEING.

## HOW WILL YOU PAY FOR LONG-TERM CARE IF YOU NEED IT?



SOURCE: LONGTERMCARE.GOV

### AVERAGE COST OF CARE

\$54,000 - \$108,000 PER YEAR, PER PERSON

AVERAGE OF 3 YEARS OF CARE

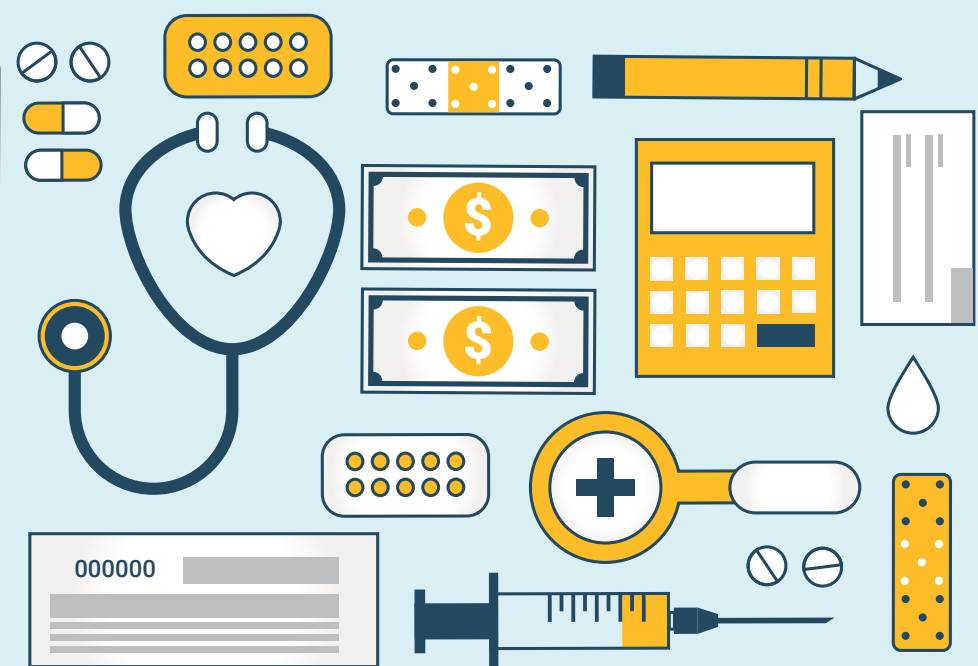


MEDICARE DOES NOT COVER ALL EXPENSES RELATED TO LONG-TERM CARE.

## HAVE YOU PLANNED FOR LONG TERM CARE COSTS BEYOND WHAT MEDICARE COVERS?

70% OF PEOPLE OVER 65 WILL NEED LONG-TERM CARE

SOURCE: PHCA.ORG



GET STARTED TODAY. FRIENDS LIFE CARE CAN HELP.