

common questions about life plan communities

No matter where you choose to spend your future, you deserve clear answers on some of the most pressing questions about retirement. Now is the best time to consider the kind of worry-free, no-maintenance lifestyle only Life Plan Communities can provide. Whether you become a resident of The Waterford or not, you can trust that we will always offer the clarity and expertise that seniors deserve in Juno Beach.

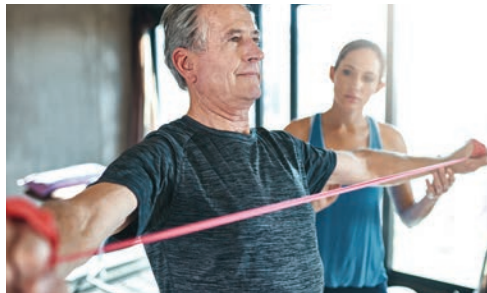


why consider independent living now?

It's never too early to explore all your options.

Independent Living puts an emphasis on purposeful, vibrant living by providing the freedom to focus on your relationships and interests without worry. Instead of spending time concerned about things like home maintenance, changing health needs or the costs of necessary health services, Independent Living offers the security and comfort that comes from knowing you'll be taken care of in a community you already call home.

If you were to speak with older adults who have already made the move to Independent Living while still healthy and active, you'd likely find that many of them wished they'd made the move sooner because of the countless benefits they now enjoy.



“This won't just be like moving into an apartment, we'll be moving into a neighborhood with so much right outside the door.”

health benefits

Healthy living is a key benefit to living in a Life Plan Community. From our vibrant enrichment programming and nutritious dining options, to the more than 200 cultural, social, recreational and leisure opportunities, there is plenty nearby and on campus to keep your mind sharp and your body active so you can stay well. Living in a community surrounded by friends and familiar faces also helps combat the very real dangers of loneliness. Isolation has been identified as a serious health risk, one that contributes to a variety of health problems ranging from diabetes to high blood pressure, cardiac disease, depression and obesity.

According to a recent survey that questioned more than 5,000 residents in 80 Life Plan Communities across 29 states¹, older adults who made the move early are happier and healthier than those living elsewhere in ways that include:



- Improved emotional, social, physical, intellectual and vocational wellness
- More nutrient-dense diets and more active lifestyles
- Greater sense of connectedness and belonging within the community
- Overall lower levels of depression than those in rental communities
- Higher life satisfaction, better mood, more positive views on aging, less stress and a greater sense of control over their own lives

financial benefits

The financial benefits of a Life Plan Community are what truly set it apart from other retirement living options. One of the biggest reasons you may choose not to move is because the cost of doing so is presumably too high. But consider all the costs that come from living in your own home. Bills can add up quickly. Mortgage payments may still be owed. Add to all that utility costs, food, gas and more. Then, there are all the other factors that many don't consider when adding up their monthly bills — things like HOA dues, housekeeping, gym memberships and home repairs. Life Plan Communities, like The Waterford, roll almost all of these costs into one convenient monthly fee, in addition to the initial entrance fee. Imagine just writing one check or making one payment a month. Simplicity.

tax advantages

What many do not know is there are also potential tax benefits to living in a Life Plan Community. New residents can often qualify for a tax deduction on entrance and monthly fees as they are recognized as a charge or prepayment for future healthcare services. Talk to your accountant or tax adviser for more specific information about how much you could potentially save.

comfort and predictability

For many, the number one concern when considering a move is the future cost of healthcare. When aging in your own home, your options are to either hire a private caregiver or rely on a friend or family member to take care of you if you're no longer able to care for yourself. The alternative is making a proactive decision to move to a Life Plan Community while still healthy and active. As your health needs change over time, your costs remain predictable, providing you financial stability and removing the worry of where and how you'll receive the necessary care.

contract benefits

According to the U.S. Department of Health and Human Services, 70% of older adults over 65 will need some form of long-term care for an average of two years². Independent Living is a solution to this potential future for many older adults, and there are three distinct contract types available: Type A Life Care, Type B Modified Life Care and Type C Fee-for-Service. With each type, you'll enjoy a variety of services like home maintenance, housekeeping, dining options and amenities along with the opportunity to access different levels of care when necessary, including Assisted Living, Memory Care, short-term rehabilitation and Skilled Nursing.

type A life care

Life Care allows residents and their loved ones to enjoy added comfort, security and more predictable long-term expenses, no matter how health needs may change. Although there is little to no increase in monthly fees beyond the standard adjustments for inflation, it's typically the most expensive contract option and could leave you paying a premium that may never be leveraged if you don't require long-term care.

type B modified life care

This plan type offers lower entrance and monthly fees with nearly all the same services and amenities available. Should you one day require Skilled Nursing care, you'll be responsible for just a portion of the cost and be granted access to a predetermined number of days in the healthcare center at either a discounted rate or no cost at all.

type C fee-for-service

Featuring the lowest monthly fees and sometimes the lowest entrance fee, this agreement lets you enjoy the same amenities and services as others in the community. However, costs can quickly add up far beyond your comfort level if you find yourself paying for individual services at market rates as healthcare needs change and you're required to move to a different level of care.

¹Mather Institute, 2021, *The Age Well Study*

²Administration for Community Living, 2020, *How Much Care Will You Need?*



the power to make an
informed choice.

A LIFESPACE COMMUNITY | *Independent Living* | *Skilled Nursing* | *Rehabilitation*
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