

Longevity and Retirement Living

Retirement living may be just a matter for the older generation. However, anyone over 50 stands a fair chance of having parents thinking about just that, and if you are over 60 it should definitely be on your own 'think about' list.

There are many choices available. We tend to put the decision aside until a crisis looms and we have to make a decision in a hurry – the worst situation to be in for such an important issue.

If you need another nudge, consider that people who make the move to a retirement community often regret they did not act sooner.

Reasons for moving

Most people tend to move for one of two reasons:

Lifestyle - the company of like-minded people, to participate in activities, achieve extra security and have more time for fun.

Support – they don't want to or can't maintain the family home or need some assistance to remain independent. Clinging to the family home can also be a major constraint on lifestyle.

Whatever the reasons, good guidance can build your confidence in starting the journey.

Where to start?

Some retirement communities simply provide independent living with a low level of personal care. There is typically a social/activity centre and sports like golf and tennis may be available nearby or on the property. The main benefits are a nearby group of likeminded people and no chores.

Other communities provide a higher level of assistance typically via cleaning and meals and in some cases, personal care.

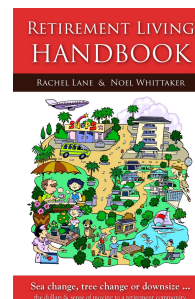
In both types of community, people initially expect to self-manage capably even though disabilities may require some changes in lifestyle over time.

Dependency

Once independent living becomes difficult, people can access aged care. Most people access care in their own dwelling through home care packages. Some move into purpose built facilities which may be within their retirement community.

The issues around retirement living can be complex. It's worth the effort to start early and seek good advice. See the box below for how you can start your journey in good hands.

The Retirement Living Handbook



Rachel Lane and Noel Whittaker - strong supporters of **My Longevity** – have penned The Retirement Living Handbook.

The book examines various types of retirement communities: how to choose the one that suits you, how you can access care, and various ways to fund your retirement lifestyle. The book also has a directory of more than 1000 retirement communities across Australia.

My Longevity members will receive a 10% discount during October by using the coupon code My Longevity.

Go to www.retirementhandbook.com.au.

If you are quick you might also be able to attend one of the book launches in **Brisbane, Sydney** or **Melbourne**. Where you can hear the authors talk about the tips and traps of retirement living and have your book signed.

Details are on the website, RSVP **1300 855 770**.