

## WHAT SENIOR LIVING IS NOT: CLEARING UP COMMON MISCONCEPTIONS

### **Busting five of the myths that threaten to hold you back**

If you haven't visited or toured a modern senior living community recently, you may have many misconceptions about what they're really like. While some people call to mind images of nursing homes from decades past, today's senior living communities are so very different. Let's take a look at five common myths that many people still believe and discover the truth.



**MYTH: I'll have to give up my independence/car/hobbies.**

**REALITY:** Senior living communities are designed to empower you to live the way you want to live. You can shake off the chores of home maintenance, yardwork and housekeeping, so you have the time and freedom to do the things that matter most to you. You're also free to keep your car if you choose, come and go as you please and, with all the extra time you'll have, continue to enjoy your hobbies — and maybe pick up a new one or two.



**MYTH: I won't have any privacy at a senior living community.**

**REALITY:** Resident privacy is always respected by staff members. Your time and your space are always your own, so you choose when you feel like socializing and when you'd prefer more solitary pursuits. Other residents enjoy their private time, too, which helps to create a culture of mutual respect and healthy boundaries. And the best thing is, when you feel like having some company, all you have to do is step out your door to find friends and staff members who are happy to see you.



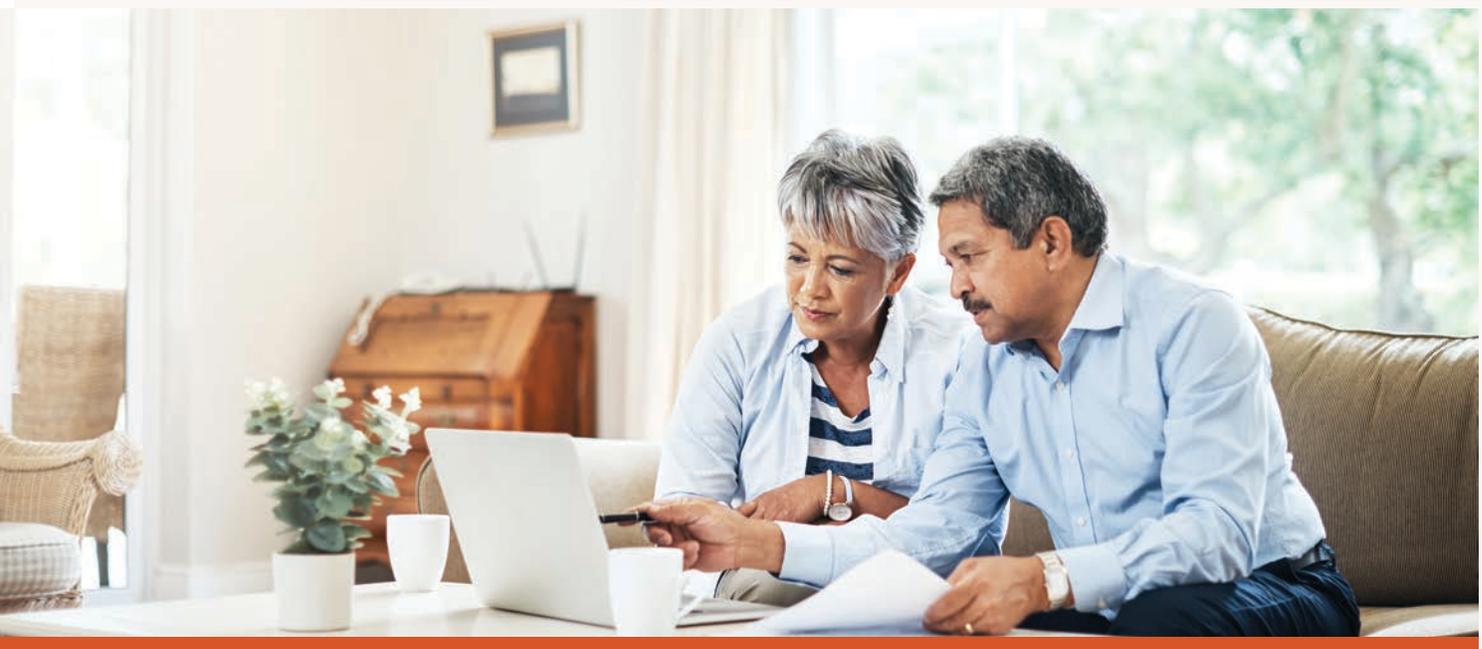
**MYTH: I don't need to think about a senior living community until I can't take care of myself.**

**REALITY:** More and more people are discovering the vibrant, carefree, convenient lifestyle provided by today's senior living communities. Moving to a community while you're still young and healthy enough to enjoy everything it has to offer gives you an opportunity to live life to its fullest now. It also gives you peace of mind for the future, knowing you have a plan in place if your needs change. No one ever tells us they moved in too soon, but they frequently tell us they wish they'd made the move sooner.



**MYTH: Once I move to a senior living community, it's all downhill.**

**REALITY:** Nothing could be further from the truth. With an abundance of amenities, wellness-centered programs, delicious meals and more, a senior living community can enhance your life in ways you may never imagine. You'll make new friends; have opportunities to learn, grow and explore new interests; dive deeper into favorite hobbies; and so much more. In fact, studies have shown that people who move to Life Plan Communities (also known as Continuing Care Retirement Communities or CCRCs) tend to live longer, healthier lives than people who choose to age in place at home.



**MYTH: Senior living communities are too expensive/only for the wealthy.**

**REALITY:** As you consider your strategy for housing during your retirement years, it makes sense to take a realistic look at the cost of remaining in your home. Many people find that, when they add up all the expenses associated with aging in place at home, the monthly fee for living in a retirement community often compares quite favorably — especially when you consider a Life Care plan that includes priority access to higher levels of care such as assisted living, memory care, short-term rehabilitation and skilled nursing care. No one can tell you what the right decision is for you, but having a realistic understanding of costs for each option will go a long way toward helping you feel comfortable with the decision you make.

**To discover the facts about today's senior living at Casa de las Campanas, call us at 858.592.1870. We're happy to schedule a virtual visit so you can get your questions answered. We can show you around the campus virtually, too.**