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Managing the Impact of Long-Term Care Needs and
Expense on Retirement Security Monograph

**Improving Retirement by Integrating Family, Friends,
Housing and Support: Lessons
Learned from Personal Experience**

By Anna M. Rappaport

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Improving Retirement by Integrating Family, Friends, Housing and Support: Lessons Learned from Personal Experience

By Anna Rappaport, FSA, MAAA

This paper provides insights about choices made with regard to housing and supportive services based on personal experience with family and friends. The first experience is about my mother and her choices that involved a move into independent living, assisted living, and ultimately a nursing home. The second story is about an individual interested in a continuing care retirement community (CCRC) and that individual's attempts to investigate CCRC options. The third story relates to people who live in a community where residents help each other out. All of the stories offered insights, most of which were not obvious to me, and which so far as I know, are not easy to find in the literature. Additional insights come from discussions with friends who have been involved.

Some of the questions explored include:

- Is moving out of my home a good idea? Under what circumstances?
- What choices do different models offer you?
- How important is it to have a support system nearby?
- What are some of the potential pitfalls and traps in a CCRC with a large down payment?
- What should you think about in evaluating options for special housing?
- Where do friends, children and family members fit in?
- How much can you plan ahead?

The personal experiences are supplemented with research and some data, including a few cost examples.