



Christian  
Health Care  
Center

# North Jersey Retirement Options

# When do I begin my search?

- It is important to think about the future - no matter how old we are - to determine what kind of life we want to live.
  - What is your vision for the future?
  - Does this plan take into account the big “What Ifs” of life?
- It is never too early to look.
  - Educating ourselves on what options are available is a key component to living the way you would want.
  - Involve family and loved ones in your research.

# “My Vision”

## what others have said

- Take time to think about what is important to you...
  - “I want to stay in my house as an active and independent person.”
  - “I want to be able to be active and social – be stimulated.”
  - “I do not want to be a burden on my children.”
  - “I am concerned about money – what happens if I run out?”
  - “I do not want to move again and again.”
  - “I want to live the lifestyle I am accustomed to.”
  - “I hope to leave something for my loved ones.”

# How do I begin my search?

- You have your vision...Now how do you research your options?
  - The internet – searching anonymously
    - Be careful to whom you submit your information.
  - Friends / Family
  - Trusted professionals – long-term care experts
  - Religious organizations
  - Direct mail / Direct contact



# Active Independent Living

## 55+ communities

- Retirement communities designed for active seniors
- Communities usually feature low-maintenance apartments, condominiums, town homes, or ranch-style residences.
- These might include a separate clubhouse structure or lifestyle center with activities, sometimes with indoor and outdoor swimming pools, exercise facilities, craft rooms, demonstration kitchens, and decks and patios for gathering.
- Financials: typically a resident purchases the unit and pays a monthly fee.

# Assisted Living

- Assisted living facilities offer an environment with 24-hour personal assistance available.
- Services usually include communal meals, housekeeping, social activities, and assistance based on personal needs.
- Accommodations range from semi-private apartments, studios, one-bedroom, and two-bedroom suites.
- Financials: a monthly fee typically based on apartment style along with personal needs, medication management, and other add-ons.
  - Some offer “all-inclusive” style pricing with lower levels of care.

# Skilled Nursing Facilities

- Skilled nursing facilities are licensed to provide 24-hour medical services by registered nurses and other professionals for the chronically-ill not requiring hospitalization.
- These facilities offer the highest level of nursing care available outside of hospitalization.
- Nursing facilities may also provide short-term rehabilitative services following a surgery, illness or injury which may require physical, occupational, or speech therapy.



# **C**ontinuing **C**are **R**etirement **C**ommunities Life Plan Communities

- A continuing care retirement community (CCRC), also known as a Life Plan Community, is a type of retirement community where a continuum of care needs—from independent living, assisted living, skilled nursing care, and memory support—can all be met within the community.
- Residents move into the independent living apartments and are able to take advantage of an active, maintenance-free lifestyle.
- Includes peace of mind that if in the future residents require support, it is available right on the same site – Do not need to move out from community
- Financials: an entrance fee along with a monthly service fee
  - Fee-For-Service or Life Care contracts available



# Tips for your research

- A brochure is marketing material – take time to schedule an appointment to tour the community.
  - Make sure you tour all the different areas – you may not need it now, but you do not want surprises down the road.
- Take time to educate the representative of the organization about what is important to you – do they have what you are looking for?
- Discuss detailed explanations of the services offered. What is included and what is additional on monthly fees? At what point can they no longer support a resident – health-wise and financially?
- Speak with the residents that you may come across during your visit or make sure to speak with them during marketing events.
- Look at online information about the company that owns the community – are they for- or not-for-profit? Large corporation or single site?
  - Are there reviews? What are people saying?



# Questions?

# Thank you!

Philip Decyk

*Residency Counselor for The Vista*

(201) 848-4200

[pdecyk@TheVista.org](mailto:pdecyk@TheVista.org)



# Health, healing, and wellness for all ages

**Christian Health Care Center** fosters health, healing, and wellness for people of all ages in a compassionate and loving environment consistent with the Christian principles on which it was founded.

## *Senior Life*

- Heritage Manor Nursing Home
- The Longview Assisted Living Residence
- Hillcrest Residence
- Evergreen Court
- Siena Village
- Summer Hill
- Christian Health Care Adult Day Services of Wayne and Wyckoff
- Southgate behavior-management unit

## *Short-term Rehab*

- The David F. Bolger Post-acute Care Unit
- Bolger Gym & Wellness Center

## *Mental Health*

- Ramapo Ridge Psychiatric Hospital
- Ramapo Ridge Partial-hospitalization Program
- Christian Health Care Counseling Center

## *The Vista*

- A continuing care retirement community for adults 62 and older on the CHCC campus
- Up to 199 spacious, one-level, maintenance-free residences
- Rich array of amenities and social, cultural, and wellness opportunities



**Christian Health Care Center**

**(201) 848-5200 | [ChristianHealthCare.org](http://ChristianHealthCare.org)**

MAIN CAMPUS: 301 Sicomac Avenue, Wyckoff, NJ 07481

WAYNE CAMPUSES: 1000 Siena Village, Wayne, NJ 07470

2100 Summer Hill Road, Wayne, NJ 07470

SENIOR LIFE

SHORT-TERM REHAB

MENTAL HEALTH

THE VISTA