Continuing Care Retirement Communities: A Practical Guide to Understanding

What is a Continuing Care Retirement Community (CCRC)?

A continuing care retirement community (CCRC) is a type of senior living community that provides a continuum of care, from independent living to assisted living, skilled nursing care, and end-of-life care. CCRCs are designed to meet the changing needs of seniors as they age, allowing them to stay in one community and receive the care they need without having to move.



Retirement Communities 101: What is a Continuing Care Retirement Community? A Practical Guide to Understanding and Researching a CCRC

by Dana Cornwell Bodney

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Types of CCRCs

There are three main types of CCRCs:

- Type A CCRCs: These CCRCs require a large entrance fee, which covers the cost of future care. Residents pay a monthly fee that covers basic services, such as meals, housekeeping, and transportation. Additional fees may be charged for services such as assisted living or skilled nursing care.
- Type B CCRCs: These CCRCs require a smaller entrance fee, and residents pay a monthly fee that covers the cost of basic services and a portion of future care. Residents may have to pay additional fees for services such as assisted living or skilled nursing care.
- Type C CCRCs: These CCRCs do not require an entrance fee.
 Residents pay a monthly fee that covers the cost of basic services and a portion of future care. Residents may have to pay additional fees for services such as assisted living or skilled nursing care.

Costs of CCRCs

The cost of a CCRC can vary depending on the type of community, the location, the size of the unit, and the level of care required. Entrance fees can range from \$100,000 to \$1 million or more. Monthly fees can range from \$2,000 to \$7,000 or more. It is important to carefully consider the costs of a CCRC before making a decision.

Amenities of CCRCs

CCRCs offer a wide range of amenities, including:

- Independent living units
- Assisted living units
- Skilled nursing care units

- Dining rooms
- Fitness centers
- Swimming pools
- Libraries
- Movie theaters
- Transportation services

Benefits of CCRCs

There are many benefits to living in a CCRC, including:

- Peace of mind: Knowing that you have a plan for your future care can provide peace of mind for you and your family.
- Convenience: CCRCs offer a continuum of care, so you can receive the care you need without having to move.
- Socialization: CCRCs offer a variety of social and recreational activities, which can help you stay active and connected with others.
- Security: CCRCs are typically gated communities with security personnel, which can provide peace of mind for residents.

Is a CCRC Right for You?

Deciding whether or not a CCRC is right for you is a personal decision. There are many factors to consider, such as your financial situation, your health needs, and your lifestyle preferences. If you are considering a CCRC, it is important to do your research and visit several different communities before making a decision.

Continuing care retirement communities can be a great option for seniors who want to plan for their future care and enjoy a fulfilling retirement. However, it is important to carefully consider the costs, amenities, and benefits of CCRCs before making a decision.



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