



5 Reasons To Move To A Life Plan Community Sooner Than Later

For many seniors who are currently residing in their own home but like the idea of living in a setting where healthcare services are available if needed down the road, a Life Plan Community is the ideal solution.

But you may ask, “When is the right time to make the move to a Life Plan Community? What is the ideal age?” Unfortunately, there is no one size fit all answer because everyone’s situation is different. People age at different rates and different lifestyles impact the aging process. The average age of new residents is in the early 80s, but this varies depending on the community, location, and other factors.

Some people have concerns about moving “too soon,” but for those who feel you aren’t old enough to move to one yet, here are few reasons why you may want to consider moving sooner rather than later:

#1: Involvement. One of the top benefits of living in this type of community is having convenient access to a vast array of activities, amenities, and services. Many of these perks take place on-site in the community, but more and more Life Plan Communities offer ways for residents to stay involved in their broader community as well through intergenerational programs, service projects, continuing education classes, and much more.



#2: Wellness. Life Plan Communities strive to help residents stay healthy and live independently as long as possible by offering a continuum of care services if and when it is needed. It is their goal to help residents stay healthy and living independently for as long as possible.

#3: Relationships. Residents often say that one of the greatest things about making the move to their community has been the friendships they've formed with other residents. This network of close, supportive friends can be especially beneficial should healthcare issues arise in the future. Those who wait too long to make their move may miss out on the opportunity to develop these meaningful relationships.

#4: Window of Opportunity. Continuing care contracts typically require that residents must be able to live independently when they first move into the community and require a health evaluation of prospective residents as a part of their application process. Applicants who do not meet the community's new resident health standards can be declined, thus missing out on the opportunity to benefit from all the community offers, including access to a full continuum of care services.

#5: Smoother, Easier Transition. Moving tends to get increasingly difficult as we age—both physically and mentally. Those who are able-bodied and in good health are better able to handle the transition more easily. On the other hand, those who are older and more frail may be more likely to experience relocation stress syndrome (RSS), a condition characterized by symptoms like anxiety, confusion, and loneliness.

Timing Is Everything

So, when is the right time to move to a Life Plan Community like Crown Point Christian Village? The above factors and considerations must go into each person's unique answer. But generally speaking, once you have determined that a Life Plan Community is the right senior living option for you, it may be wise to make the move while you are still in good health and have the physical and emotional stamina to make a change and enjoy the benefits.

When you choose Crown Point Christian Village, it's like giving yourself a gift of freedom. In a nutshell, we take care of all the details so you're free to do exactly as you please. To learn more about senior living options at Crown Point Christian Village, contact us at (219) 662-0642.