

Plan Smarter: Essential Senior Living Budgeting Tips

Retirement opens the door to a rewarding stage of life filled with opportunities for personal growth, joyful moments, and meaningful connections. However, navigating the financial aspects of senior living can be daunting. From planning for living expenses to saving for care services, budgeting plays a vital role in creating a stress-free and fulfilling lifestyle.



Now, let's explore how to plan smarter for senior living.

Step 1: Assess monthly income and expenses

Creating a realistic budget starts with understanding your inflow and outflow of money.

Make a list of financial resources including:

- Social Security benefits
- Pensions and retirement savings accounts (IRA, 401(k), etc.)
- Investment earnings or rental income
- Part-time employment or freelance work

And outline your monthly expenses using the following categories:

1. Housing costs: Rent or mortgage payments, maintenance fees and utility bills.
2. Health care: Insurance premiums, medication costs, doctor visits and potential long-term care expenses.
3. Groceries and dining: Day-to-day meals and special outings.
4. Transportation: Fuel, public transit, car maintenance or ride-hailing services.
5. Leisure and hobbies: Gym memberships, classes, activities or vacations.
6. Savings: Funds set aside for emergencies or future goals.

Step 2: Explore cost-saving options

Small adjustments can lead to significant savings over time.

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Call 301-355-2801 or visit: www.thevillageatrockville.org

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- **Evaluate housing options:** Downsizing is a common way for older adults to save on monthly utilities, maintenance costs and either rent or mortgage payments. Moving to a senior living community can be another way to save costs—at a Life Plan Community, maintenance, utilities and amenities are typically included in a predictable, monthly fee.
- **Maximize discounts:** Many retailers, restaurants and activities offer discounts for older adults.
- **Save on health expenses:** Choose health insurance wisely by reviewing Medicare Advantage or Medicaid eligibility and look into generic medication options for lower costs.

Step 3: Plan for long-term health care

Health care costs can escalate with age, so it's wise to include provisions for future medical needs in your budget.

- **Consider insurance options:** Look into long-term care insurance to cover expenses like in-home care or assisted living. Begin exploring policies early, as premiums rise with age.
- **Start an emergency fund:** Unplanned medical expenses can quickly add financial strain. Aim to keep at least three to six months' worth of living expenses in savings to address sudden challenges.

Consider partnering with a financial planner specializing in elder care to estimate and manage future health care expenses.

Step 4: Choose the right senior living option

Explore community options that align with your budget while providing access to the support and amenities that matter most to you. Costs will vary based on location and the level of care needed.

- **At-home care:** Includes home modifications, caregiver fees and general maintenance.
- **Independent living communities:** Typically includes housing, amenities and activities in one predictable monthly rate.
- **Life plan communities:** Includes housing, amenities and activities, similar to Independent Living, but with access to higher levels of care all in the same place.

Financial planning with peace of mind

To further simplify your budget planning and explore senior living options, connect with our experienced team. We're here to help you map your retirement lifestyle with clarity and confidence.

Contact The Village at Rockville—A National Lutheran Community at [301-355-2801](tel:301-355-2801) and begin shaping the retirement you deserve.



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