



ASBURY RIDGE

A HUTSONWOOD LIFE PLAN COMMUNITY

A Guide to Senior Living Decisions

Finding the Right Fit for the Life You're Already Building



At Asbury Ridge, we understand that senior living can sometimes have terminology that feels a little vague and confusing. That's why we put together this simple guide to the types of senior living communities you're most likely to encounter.

It gives an overview of each primary type, breaks down the key features and benefits to consider, and helps you ask the right questions - so you can make the best decision for yourself.

Let's get started.



Types of Senior Living Communities

There are several types of senior living communities, each designed for a different stage or set of needs. Understanding the differences helps you evaluate your options side by side – on your terms.

55+ COMMUNITIES (INDEPENDENT LIVING ONLY)

55+ communities market themselves as a hub for active seniors. These communities usually offer apartments, cottages, townhomes, or a mix, and typically take care of all external maintenance. While some offer organized activities, most provide no healthcare services. They can be a good fit for younger, healthier seniors, but when higher levels of care are needed, a move to a new community will be required.

- Maintenance-free living
- Planned activities
- Dining services (varies by community)
- No healthcare services in most communities
- Future care needs require a move to a different community

ASSISTED LIVING

Assisted Living is designed to offer help with daily activities – ranging from getting dressed or managing personal hygiene to handling medications. This is not full-on 24-hour nursing care. It's assistance from trained healthcare professionals with small tasks that help residents maintain as much independence as possible.

- Maintenance-free living
- Planned activities and dining services
- Assistance with daily activities and medications
- On-site medical and/or pharmacy services
- Fee-for-service pricing in most communities

MEMORY SUPPORT

Memory Support communities offer specialized care and facilities designed specifically for residents dealing with a variety of dementia and related diseases. These communities are designed – both from a physical standpoint and in program content – to stimulate memory and brain function wherever possible. They also provide additional security features to keep residents safe.

- Specialized care for Alzheimer's, dementia, and cognitive changes
- Purpose-designed physical environment and programming
- Enhanced security to keep residents safe
- Planned activities, dining services, and on-site medical support

Types of Senior Living Communities *(continued)*

LONG-TERM CARE

Long-Term Care is typically the highest level of residential healthcare available for seniors. It usually includes 24/7 oversight from a skilled nursing staff, a variety of therapy programs designed to improve both physical and cognitive health, and a full range of support services.

- 24/7 skilled nursing oversight
- Physical, occupational, and speech therapy programs
- Maintenance-free living, dining, and planned activities
- On-site medical and pharmacy services

LIFE PLAN COMMUNITIES (CCRCs)

A Life Plan Community, also known as a Continuing Care Retirement Community (CCRC), brings together a full spectrum of care – sometimes combining all of the benefits of a 55+ community, Assisted Living, Memory Support, and Long-Term Care. The primary benefit is that many Life Plan Communities offer a Residency Agreement that guarantees residents who join in Independent Living access to higher levels of care right in the same community, if and when they need it.

- Independent Living, Assisted Living, Memory Support, and Long-Term Care in one community (or a combination of three)
- Residency Agreements available (guaranteed access to higher care levels)
- Dining allocation, wellness, activity, and amenity programs
- Refundable Entrance Fee options

Choose Life Plan Communities early. Some wait too long and either can't fully take advantage of the lifestyle benefits, or fail to qualify entirely. Move earlier and enjoy even more of the best years of your life.

Services and amenities will vary by community. Be sure to ask questions about what is available when touring.



Key Questions to Ask

Before you tour, arm yourself with a consistent set of questions. Compare answers across communities to reveal real differences in care, culture, and financial stability.

ABOUT CARE AND FINANCES

- What levels of care are available on this campus?
- What happens if my care needs change over time?
- How long has this community been operating, and who owns it?
- What is the staff-to-resident ratio in higher levels of care?
- How are monthly fees structured, and how often do they increase?
- What is included in the monthly fee versus billed separately?
- What is the financial health of the community or its management organization?
- How does the community handle residents who outlive their financial assets?



ABOUT LIFESTYLE AND CULTURE

- What does a typical day look like for residents in independent living?
- What dining options are available – number of venues, hours, and flexibility?
- What activities, clubs, and wellness programs does the community offer?
- How does the community support transitions – for example, from independent to assisted living?
- What do current residents and their families say about their experience?
- How important is staying in one place over time?
- How do I want to spend my time each day?

Pay attention to how staff interact with residents during your tour. The most candid feedback comes from people who actually live there.



Understanding Contract Options

Life Plan Communities typically offer three agreement structures. Each balances upfront cost against future care protection differently. Understanding these options helps you make a financially informed decision.

TYPE A – LIFECARE

The highest entrance fee of the three agreement types. Your monthly fee stays predictable even as care needs increase, which provides protection against future healthcare cost inflation. Best for those who want certainty and full coverage.

TYPE B – MODIFIED

A moderate entrance fee with discounted care rates or a set number of covered care days included. This option balances upfront cost with future care protection, offering financial flexibility while limiting some exposure to rising care costs.

TYPE C – FEE-FOR-SERVICE

The lowest entrance fee of the three agreement types. You only pay for care services at prevailing market rates when needed. Monthly fees may increase when higher care levels are required, potentially creating greater exposure to future cost variability.

Ask each community which contract types they offer and request a detailed breakdown of what's covered under each.





Cost Considerations

Think beyond the monthly fee. A true cost comparison accounts for what you currently spend to live at home – and what you're protected against in the future.

ENTRANCE FEE

- Paid at move-in; amount varies by community, floor plan, and contract type
- May be partially refundable depending on the contract (0%, 50%, 75%, or 90% are common)
- Covers your right to access the community's continuum of care
- Ask about the refund policy if you leave or pass away within the first year

MONTHLY FEE

- Covers housing, utilities, dining credits, amenities, and some healthcare
- Increases annually – ask for the historical average rate of increase
- Under Type B and C contracts, higher care levels may trigger additional charges
- Compare what's included versus billed separately before making a side-by-side comparison

WHAT YOU ALREADY PAY AT HOME

- Home maintenance and repairs
- Property taxes
- Utilities
- Food and dining
- Transportation
- Future care and healthcare costs

Compare the total cost of how you live, not rent or fees alone.



Not-for-Profit vs. For-Profit

The most important difference between a for-profit and not-for-profit community is simple: who ultimately benefits from the ongoing operations of the community.

FOR-PROFIT COMMUNITIES

For-profit communities are run to benefit shareholders and investors. They do that by taking a percentage of money coming into the community and sending it out to ownership or investor groups.

NOT-FOR-PROFIT COMMUNITIES

In a not-for-profit community, all of the money that comes into the community is used to benefit the community itself – paying for operations, upgrades like new services and amenities, staff salaries, and more. The residents themselves are both the investors and the beneficiaries of that investment.

It's a meaningful distinction for how your retirement budget is used: to benefit you and your neighbors, rather than some outside ownership group.

AT ASBURY RIDGE, THIS MEANS

Every decision is guided by what benefits residents – not outside stakeholders. As a not-for-profit Life Plan Community, Asbury Ridge reinvests resources back into the community and focuses on the long-term wellbeing of those who call it home.

A LIFE PLAN COMMUNITY BRINGS IT ALL TOGETHER

There is no one type of senior living community that is right for everyone, and each community type has a role to play. But a Life Plan Community – and especially a not-for-profit community like Asbury Ridge – offers a unique solution because it combines all the benefits of multiple levels of care in one comprehensive community, with every decision focused on benefiting residents first.

For those who want to make a proactive decision – one that gives them the lifestyle they want today and the security they may want tomorrow – a Life Plan Community is worth a close look.

Timing Your Decision

“We wish we had explored this sooner.”

Many residents say this. The earlier you explore, the more time you have to enjoy the lifestyle, make a calm and considered decision, and secure the floor plan or community that is right for you. Many Life Plan Communities have waitlists – especially for specific floor plans. Getting on a waitlist does not obligate you to move.

STAGE 1 – EXPLORING

Tour 3–5 communities to calibrate your preferences. Focus on culture, lifestyle, and the general financial model. You are gathering information, not making a decision.

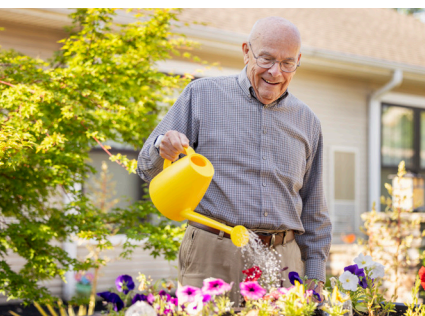
STAGE 2 – EVALUATING

Return to your top 2–3 communities with your must-haves list. Ask detailed financial and care questions. Create a comparison list of pros and cons for each community.

STAGE 3 – DECIDING

Request a detailed financial disclosure statement, review the agreement with an attorney or financial advisor, and talk to current residents and family members before committing.

Starting early gives you time, options, and flexibility. Waiting until a health event forces the decision and narrows all three stages.





Your Next Steps

01. BUILD YOUR MUST-HAVES LIST

Before you tour, identify what matters most across four areas: lifestyle, care, location, and finances. Use these categories to evaluate communities against your own priorities, not theirs.

02. IDENTIFY 3-5 COMMUNITIES TO VISIT

Start with communities that match your location and care preferences. Waitlists are common at Life Plan Communities, so don't delay starting your search.

03. USE A CONSISTENT QUESTION FRAMEWORK

Bring your list of questions to every tour. Compare answers across communities to reveal real differences in care, culture, and financial stability.

04. REVIEW THE AGREEMENT BEFORE SIGNING

Ask for a financial disclosure statement and review it with a financial advisor or attorney before committing.

You Don't Have to Figure This Out Alone

If you would like to talk through your options, we are here to help – at your pace and on your timeline. Our guidance is always aligned with your goals, not a sense of urgency.

SCHEDULE A CONSULTATION

A private, no-obligation conversation to discuss your specific situation and priorities.

JOIN AN EVENT

Events are offered regularly. Bring a friend, family member, or advisor.

SCHEDULE A VISIT

Come see Asbury Ridge for yourself.