
PLANNING FOR YOUR FUTURE

A Retirement Planning Guide



Both science and art

play important roles when planning for your retirement future. The science of the numbers: nest egg, income and expenses. And the art of imagining: where and how you want to live, and what you would most like to do with your time and resources.





Visualize

your ideal retirement.

It will help you set realistic goals that will get you there.

How do you enjoy your best retirement?

You've carefully planned ahead and made good decisions for your future. Now you face one of your most important decisions: how and where to enjoy it.

This guide, *Planning For Your Future*, was created to help you do just that. After reviewing this booklet and carefully considering your future, we hope you feel well-equipped – and even inspired – to put in place the retirement that's ideal for you.

How and where do you want to live?

How you live has everything to do with where you live. So, a critical step in securing your perfect retirement is to determine where you want to be.

Now visualize your ideal retirement setting. Think beyond your current physical location and situation to how you want to feel in the future. Independent? Secure? Among friends? Free from worry? By visualizing how you want your future to be, you can more easily set realistic, attainable lifestyle goals to get there.



What's most important to you?

Take a moment to write down at least three things you've been hoping to achieve by a specific time in your life. Perhaps you've been thinking about downsizing, but don't know how to begin. Or maybe you've been hoping to schedule a trip, but never seem to find an ideal time. Next, list any obstacles that currently stand in the way of these goals. Would a change in your living situation give you more freedom to achieve them?

My/Our Wish List:

Potential Challenges or Obstacles:

How do you prioritize your "wants" vs. "needs"?

Rather than waiting until you *need* to do something, securing your future now also includes the gift of peace of mind for you, your children and other loved ones. Planning ahead and considering your lifestyle options, as well as preplanning for future needs, provides relief from worry, should health changes or other complications arise that would affect your living situation.

Consider your potential future needs:

What's important to you in planning for your future?	VERY IMPORTANT	SOMEWHAT IMPORTANT	NOT IMPORTANT
Physical Security and Safety			
• Access to emergency response	_____	_____	_____
• Proximity to loved ones	_____	_____	_____
• Neighborhood changes or trends	_____	_____	_____
• Safety of home design	_____	_____	_____
• Risk of falls or accidents	_____	_____	_____
Home Maintenance and Other Services			
• Repairs (<i>appliance, structural and others</i>)	_____	_____	_____
• Seasonal issues (<i>lawn care, snow removal, etc.</i>)	_____	_____	_____
• Housekeeping and/or interior upkeep	_____	_____	_____
• Exterior maintenance	_____	_____	_____
• Transportation	_____	_____	_____
Financial Security			
• Value of investments	_____	_____	_____
• Management of retirement and pension plans	_____	_____	_____
• Implications of inflation or other economic changes	_____	_____	_____
• Uncertainty of government programs	_____	_____	_____
• Possibility of outliving resources	_____	_____	_____
Health Care (<i>Long- and short-term</i>)			
• Provision for emergencies	_____	_____	_____
• Cost of future care	_____	_____	_____
• Quality of future care	_____	_____	_____
• Choice of care providers	_____	_____	_____
• Name of decision maker if you're unable	_____	_____	_____
Family Issues			
• Who will make decisions	_____	_____	_____
• Roles and expectations of adult children	_____	_____	_____
• Inheritance issues	_____	_____	_____
• Financial commitments	_____	_____	_____
• Peace of mind	_____	_____	_____
Socialization			
• Connection to family and friends	_____	_____	_____
• Need for privacy	_____	_____	_____
• Participation in regular hobbies	_____	_____	_____
• Feelings of isolation	_____	_____	_____
• Ability to attend outings	_____	_____	_____

If it's only money, why is it so important?

You've saved for retirement. Wise long-range financial planning has seen you through ups and downs. Now, you're positioned to be able to enjoy the lifestyle you want while protecting yourself against potential depletion of assets as the result of future health care needs or other eventualities.

Completing the following chart will help you clarify your financial picture, so you'll know what you can afford as you consider other living options. After you complete this section, you'll know:

Your income – how much you have available to spend, which is likely to remain fairly constant throughout retirement.

Your current living expenses – which can be expected to increase annually. Knowing your true living expenses lets you more easily compare your current cost of living with other lifestyle options.

Your nest egg (safety net) – how much you have available to cover an income shortfall, or to invest in a particular lifestyle you may choose.

Nest Egg		Income		Expenses	
Home Value	\$_____	Social Security	\$_____	Mortgage/Rent	\$_____
Savings	\$_____	Pension	\$_____	Utilities	\$_____
Investments	\$_____	Retirement Fund	\$_____	Food	\$_____
Property	\$_____	Interest/Savings	\$_____	Maintenance	\$_____
Other _____	\$_____	Rental Income	\$_____	Insurance	\$_____
_____	\$_____	Investment Income	\$_____	Medical/Dental	\$_____
_____	\$_____	Other _____	\$_____	Transportation	\$_____
TOTAL:	\$_____	_____	\$_____	Entertainment	\$_____
		_____	\$_____	Travel	\$_____
		TOTAL:	\$_____	Other _____	\$_____
				_____	\$_____
				_____	\$_____
				TOTAL:	\$_____

How do you protect your health and happiness?

A happier, healthier future begins with planning. As we age, our health needs change. Having conversations about what that means for you and your family is most beneficial *before long-term care is needed*. That way, you can fully explore all your options and ensure that you plan for the care you want, without leaving the decision up to someone else.

Consider long-term care insurance and/or a retirement community that offers a combination of independent living and on-site care services such as assisted living, should the need arise. Knowing in advance where health care services will be delivered alleviates the burden on you and your loved ones to make decisions during a stressful time.

The cost of retirement living and the services covered can vary substantially from one retirement community to the next, even within the same city, so it pays to do some research before making a decision. And while you're at it, expand your research to include what types of social activities and wellness programs each community offers. Developing new friendships, pursuing new interests and engaging in any amount of physical activity can benefit your health and increase your happiness.





What are your options?

We've listed the following options available for today's seniors so you can consider what's best for you. Do you want to be financially protected against rising costs of care? Close to family and friends? Covered for the "just in case"? More socially engaged? As you consider the options, you may realize that making a change in your living situation could put you where you'll enjoy life more for years to come, and give you and your family priceless peace of mind.

How do your options compare?

Staying in your home

Downsizing to a smaller residence

Moving to The United Methodist Village

Senior Living Options

Senior living communities vary by the types of residential and care options they provide. You might find it helpful to jot down notes about options in your immediate area; or, if you plan to relocate, note the differences between communities in that area.

Independent Living

Private residence, plus various services and amenities available

Assisted Living

Residential-style living with help for activities of daily living

A Continuum of Care or Continuing Care

Private residence, various services and amenities available, plus access to health care services

Life Care Community

Private residence and all-inclusive package of services, prepayment of future health care

And now, a little about us.

As you continue to plan for your future, we hope you'll consider everything The United Methodist Village offers. Ours is a friendly, vibrant community, where living is easy and people of all denominations are welcome.

Our scenic 120-acre campus offers independent living and assisted living in a variety of maintenance-free residences, including multiple-bedroom villas and spacious, single-floor apartments. All feature the financial freedom of a simple monthly fee, along with our commitment to promoting maximum independence for each of our residents.

Lifestyle is the cornerstone of any senior living community, and we are proud of the many social and recreational options available right here in our community. Of particular note is Living Easy, Living Well, an innovative combination of lifestyle and health programs and services designed to enrich our residents' lives. For those who enjoy a change of scenery, there's easy access to nearby shopping, restaurants, golf and other venues, as well.

If you would like to learn more about what it's like to live here, call us at (618) 466-8662. You just might discover that our community is the ideal choice for you.





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