



Senior Living Report Commissioned by Vi Uncovers Fallacies for Why Many Prefer to Stay Put in Post-Retirement Years

A new report by renowned gerontologist Ken Dychtwald Ph.D. and commissioned by Vi uncovers principal misconceptions – regarding independence and life purpose – that have most people believing their current home is the best “fit” for their post-retirement years. The full report, “Five Myths and Realities of Continuing Care Retirement Communities,” is available in its entirety at [Vi Living](#).

PRWEB

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A [new report](#) by renowned gerontologist Ken Dychtwald Ph.D. uncovers principal misconceptions – regarding independence and life purpose – that have most people believing their current home is the best “fit” for their post-retirement years.

“The myth – one of five that we challenge in our report – is that your current home will be the best possible place to live in your post-retirement years,” said Dychtwald, psychologist, gerontologist, best-selling author and CEO of Age Wave.

“The reality is that, throughout your life, you have chosen different types of homes to fit your evolving lifestyles,” he said. “It only makes sense that the best home for your post retirement years should be one that provides more freedom, more convenience, better care and less worry.”

Titled “Five Myths and Realities of Continuing Care Retirement Communities,” Age Wave’s report and supporting research were commissioned by [Vi](#), a developer, owner and operator of older adult living communities. The document is available in its entirety at <http://www.ViLiving.com>.

According to the report, there are two principal misconceptions related to one’s independence and life purpose that make it difficult for people to move from their current home or consider better options in senior living.

First, people believe they’ll have more independence and freedom in their current home. They’re concerned that their lifestyle will be limited by rules and restrictions if they move into a senior living option like a [continuing care retirement community \(CCRC\)](#).

In reality, according to the report, there are few restrictions at a CCRC. Residents are just as free to engage – or not engage – in activities both at the CCRC and in the community, to eat when and where they like, and to come and go as they please.

Moreover, CCRC residents interviewed for the report consistently spoke of having greater independence and freedom because they are relieved of the burden and headache of household tasks and obligations, and have more free time for what they really like to do.

According to the report, the second misconception that makes it difficult for people to move in post retirement is that their current home gives them purpose in life.

Men are more likely to express this sentiment. Many men feel they have defined themselves by taking on the responsibility of providing and maintaining a home for their family. But the report finds that CCRC living provides a new – and perhaps better – life purpose. People have a new freedom to explore new pathways, from learning how to paint, volunteering in the community, becoming an expert on healthy cooking, authoring a book, reaching new levels of fitness, to developing new friendships. Gone are the chores of maintaining a home, washing floors, fixing sinks and shoveling snow.

CCRCs offer independent living with a combination of a private residence, services, amenities and care (for example, assisted living, memory support care and skilled nursing care).

About Vi

Vi, formerly Classic Residence by Hyatt, was founded in 1987 as a developer, owner and operator of older adult living communities. The company is dedicated to enriching the lives of older adults by providing high quality environments, services and care. Vi currently operates ten continuing care retirement communities (CCRCs) and one rental community under a family of brands nationwide. For more information about Vi communities, visit <http://www.ViLiving.com>.

About Age Wave

Founded in 1986, Age Wave is the nation's foremost thought leader on population aging and its business, social, healthcare, financial, workforce and cultural implications. Under the leadership of Founder/CEO Dr. Ken Dychtwald, Age Wave has developed a unique understanding of the body, mind, hopes and demands of new generations of maturing consumers and workers and their expectations, attitudes, hopes, and fears regarding retirement.

This article can be found at <http://www.prweb.com/releases/Myth1/Vi/prweb9102841.htm>.