



CAPITAL MANOR

A LIFE PLAN COMMUNITY

Your guide to retirement *living*

Within this guide, we'll share the **four steps** you can take to set future you up for a life of fun-filled, maintenance-free living.

With the youngest of the Baby Boomer generation nearing the age of 65, the population of retirement-living-aged adults is swelling to a size that far exceeds past generations. As a result, you may find yourself with a limited pool of housing options if you wait too long to join a wait list — leading to big compromises on amenities, location, your budget or quality of care.

STEP ONE:

Learn about your living *options*

From independent living to around-the-clock care, there are a range of lifestyle and support options. Explore the five main types below.

Independent Living

Designed for active individuals, Independent Living Communities typically handle home and lawn care, dining and other services for a maintenance-free lifestyle.

Assisted Living

Assisted Living Communities help individuals live as independently as possible while providing support with daily tasks like medication management, transportation, housekeeping and self-care.

Memory Care

These communities specialize in providing a secure and supportive environment for those with memory-related conditions such as Alzheimer's or dementia with structured, routine care.

Skilled Nursing & Rehabilitation

For individuals with complex medical needs or those requiring rehabilitation, this community option provides short- or long-term, 24-hour medical care and supervision.

Life Plan Communities

Life Plan Communities support individuals at every stage, allowing residents to transition between Independent Living, Assisted Living, Memory Care and 24-hour nursing care as their needs evolve. These communities have a dynamic approach to life, encouraging active, individualized routines for residents through resort-style amenities and services.



LIFE IS GOOD AT THE MANOR

Life Plan Communities, like Capital Manor, have so much to offer besides various levels of care. Here's a quick list of our residents' favorite amenities:

Top dining experiences | Scheduled activities | Fitness facilities | Clubs & groups

STEP TWO:

Schedule a tour

Seeing the community in person is the best way to determine if the place, people, services and programs fit you.

QUESTIONS TO ASK DURING YOUR TOUR:

- What **meal options** are available?
- What **support services** are offered?
- How are **staff trained**?
- What type of **security** do you have in place?
- What **activities and programs** do you offer?
- How do you help residents **feel at home**?
- What access to **nursing care** is offered?

“
**Living at Capital Manor
has *changed my life* for
the better, for sure.”**

– Shirley S. | Capital Manor Resident

Come see what our community is all about.



Contact our team today
to visit Capital Manor:

503.751.8656
CapitalManor.com



FAST FACTS

10,000

people turn 65
every day in the U.S.¹

<10%

is the rate of vacancy for
Life Plan Communities
in early 2025.²

65 to 75

years is the recommended
age to begin searching if
you want to move in by
the age of 80.³

¹ AARP

² Senior Housing News

³ Age Well Study

STEP THREE:

Get on the *waitlist*

You could be on a wait list for a long time, so give yourself plenty of leeway by putting a deposit down now. Even though you're not ready today, a vacancy will most likely open just as you become ready later.

HOW TO SELECT A FLOORPLAN THAT WILL SUIT YOUR NEEDS:

- **Size** — Determine the appropriate square footage you will want.
- **Layout** — Consider the arrangement of rooms and their functionality.
- **Amenities** — Evaluate the included features in the floor plan and the overall community amenities.
- **Accessibility** — Ensure the floor plan will meet your mobility needs and desired location within the community (e.g., near the elevator, close to the dining room, etc.).



STEP FOUR:

Start *saving* and downsizing

Having a bit of a financial cushion can help ease some of the anxiety that comes with moving. Compare your current mortgage or rent payment against your future retirement living payment to determine how much you should be setting aside.

Additionally, save yourself the stress by using the next year or two to sort what to donate, gift or take with you.

HAVE QUESTIONS?

Our team can help. **Contact our team** for more in-depth information or to **schedule your visit** to Capital Manor.

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CAPITAL MANOR
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Managed By



LCS

Capital Manor is the only true not-for-profit Life Plan Community within 30 miles of Salem, Oregon.