



## Life Care at its Finest

### **Q. What exactly is Life Care?**

A. Life Care offers a community of housing and health-related services for residents under an agreement effective for the life of the resident. Canterbury Woods is a perfect example of a thriving Life Care Community.

### **Q. What is a CCRC?**

A. A CCRC, or Continuing Care Retirement Community, provides Life Care to its residents from the time they arrive healthy through their later years when they may require more assistance. Within the community, a CCRC offers a wide variety of activities, services and amenities.

### **Q. Ultimately, why should I consider living in a CCRC?**

A. Living in a CCRC can offer many important lifestyle choices to those looking to reward themselves for a lifetime of working hard and caring for themselves. Residents enjoy as much independence as they had living in their previous homes, and at the same time take full advantage of the rich, full life a community like Canterbury Woods offers.

### **Q. How do I know if I qualify? If I am healthy, can I still take advantage of Life Care?**

A. The best time to enter a Continuing Care Retirement Community is when you are still young and active enough to enjoy everything it offers. You can join the Canterbury Woods community as young as age 62.

Life Care encompasses physical, emotional and spiritual care and assistance – no matter what you may face today, tomorrow or 20 years from now. As we age, our needs change. The Life Care you access at Canterbury Woods changes with you.

### **Q. Once we're at Canterbury, what if my spouse requires skilled nursing and I don't? Will we have to give up our independent home?**

A. You will be able to keep your home, and be onsite to visit with your spouse whenever you want to. All our skilled nursing services are on site, and your fees will not increase strictly because nursing care is needed. That's the peace of mind that comes with Life Care.



**Q. What exactly is involved in independent living, assisted living and skilled nursing?**

- A. Independent living is more than just a change of address. It's a lifestyle of greater choices, of coming and going, of dining in or dining out, of visiting and being visited, of keeping busy. We help our residents maintain their independence as long as physically possible.

When they do need assistance, we are there to help them along the way, to keep them enjoying the lifestyle they cherish.

When our residents can no longer function on their own, skilled nursing is provided in our top-rated Oxford Village, where an experienced, compassionate staff provides around the clock treatment in private suites.

**Q. What should I look for when considering the Life Care options offered by different communities?**

- A. Look for experience as a starter. Canterbury Woods is Western New York's first CCRC, with over 10 years of Life Care experience.

Next, look for the community's Medicare rating for skilled nursing. Oxford Village in Canterbury Woods is consistently 5-star-rated... the highest offered by Medicare. Look also for onsite medical care. Ask if the facility offers professional physical therapy and rehabilitation. Are they equipped to provide for wellness services, such as individual and group exercise classes and fitness programs? You can enjoy full and complete wellness services at Canterbury Woods.

**Q. Can I still see my own team of doctors and medical professionals?**

- A. Absolutely. We know you may have wonderful relationships with your doctors and their staff and we encourage you to keep them as part of your personal healthcare team.

**Q. Are there treatments and assistance for memory care?**

- A. Canterbury Woods prides itself on our attention to memory care with dignity, caring and dedication to progress. In fact, we've created Butterfly Cove, a carefully researched and developed program for assisting residents who are in various stages of dementia or Alzheimer's Disease.



**Q. How much does Life Care cost?**

A. The investment in Life Care varies. Generally, an up-front deposit plus a one-time Life Care fee guarantees you residency for life, along with a monthly fee. Canterbury Woods offers three different contract arrangements to help ensure that Life Care is affordable and meets your needs.

**Q. What are the advantages of this type of financial arrangement?**

A. By all measures, living in a CCRC is a wise investment, one that provides security and worry-free living. Residents pay fixed, predictable monthly fees and enjoy financial security, protection from rising healthcare costs, preservation of financial assets, potential tax advantages and permanent care and residency.

At Canterbury, one monthly fee includes dining service, housekeeping, weekly flat linen service, home/apartment maintenance, scheduled transportation, trash pick up and removal, most utilities, 24-hour security, emergency response system, enriched living and skilled nursing care.

**Q. I have a long-term care insurance policy. Is Life Care at Canterbury Woods covered under that?**

A. Yes. Some CCRCs offer contract options that take into consideration existing long-term care insurance policies. Canterbury Woods has developed an option that ties in perfectly with existing long-term care insurance benefits.

**Q. What makes Canterbury Woods the best choice for Life Care in Western New York?**

A. If you ask our residents, they will each give you their own reasons: the family-like atmosphere, the outstanding treatment they receive, the vast array of activities, our gourmet dining experience, the beautifully-accentuated apartments and luxurious patio homes, the seclusion of our natural wooded grounds, and access to everything they need nearby.

It's all true, but we believe it's our people that make all the difference... caring professionals who are just as much a part of the Canterbury family as our residents.

**Q. How should I start the Life Care process? Whom should I contact?**

A. Contact Shari at [sfranco@echa.org](mailto:sfranco@echa.org), or call 716-929-5817 to make an appointment. We'd love to meet with you to explain all of your options, give you an informative tour, introduce you to some of our residents and answer any questions you may have.