

6 tips for seniors to travel safely

One of the perks of getting older is having more time to devote to recreation and traveling. According to the U.S. Census Bureau, there are roughly 52 million people who are age 65 or older in the United States. With a \$1.6 trillion total net worth, seniors spend more on groceries, pharmaceutical items and travel and leisure than any other demographic. Age does not have to restrict one's ability to travel, and with age comes experience and more opportunities to

enjoy travel. Before taking off for parts unknown, men and women over 50 can take steps to ensure their excursions are as safe as they are memorable. 1. Consider risk. The coronavirus pandemic of 2020 taught the world that situations can change rapidly. Before booking any travel, weigh the risks and the benefits of a trip. Determine if COVID-19 is spreading where you live or at your destination. Older adults have a higher risk for severe illness caused by the virus. Until you are vaccinated,

it may be best to wait to travel. 2. Use senior-friendly services. Seek out travel services that offer the best perks for older adults. Many travel providers no longer offer senior discounts, but they may offer other benefits, such as early boarding or assistance with traveling from gates to baggage areas. 3. Get travel insurance. According to Liz Dahl, cofounder of Boomer Travel Patrol, a website featuring expert advice geared toward the Baby Boomer demographic, travel

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insurance can be essential for older travelers. Older travelers may be more at risk of falling or getting

sick and some may need extra medication if travel is interrupted or delayed. Travel insurance can

provide extra coverage for a relatively low price if something goes **See Travel, page 18**



Senior communities offering lifestyles

Living life to the fullest does not need to stop when adults near or reach retirement age. Age-restricted housing communities once bore the stereotype of having limited recreational options and dated surroundings. But modern senior homes and facilities are all about catering to active lifestyles with some communities offering resort-like amenities and pristine properties. Furthermore, certain communities provide niche offerings for people who are looking for something even a little more different. Eligibility to live in these communities varies, but generally speaking one resident in the home must be age 55 or older. According to research by TRI Pointe Homes, of the 75 million people who comprise the Baby Boomer generation who are eligible for age-qualified communities,

Age-restricted retirement communities are evolving & many specialize in catering to active lifestyles

more than 32 million would consider living in such a community. The website 55places.com, which specializes in promoting age-restricted communities, indicates Florida has the most age-restricted communities in the country, followed by New Jersey. Arbutus Ridge Seaside Community for Active Adults was the first comprehensive retirement community built in Canada. Choosing an age-restricted community requires consideration of a host of factors, including the amenities residents most desire and the cost of a facility. The following factors can help people decide which community is most suitable for

them. Style of home: Homes built in retirement communities are designed to be comfortable and convenient for aging residents. Many are single-floor units. Certain communities may be comprised of apartments, condos or townhouses, while others may be single, detached residences.

Amenities: When comparing age-restricted communities, consider the amenities available. Do they include on-site dining, transportation, travel assistance, pools, fitness centers, walking trails, or outdoor sports facilities? Some communities have 'aging in place'

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