

5 Recent Trends in Retirement Communities

For many years, baby boomers – those born between 1946 and 1964 – have been the caregivers helping their senior loved ones choose retirement communities. But with each passing day, those same baby boomers are now the ones entering retirement age and setting the tone for senior living community trends. In fact, by the year 2030, all baby boomers will be older than age 65. That will expand the size of the older population so that 1 in every 5 residents will be retirement age, the [United States Census Bureau](#) says.

This is bound to bring many changes to the features and amenities of the senior living communities you or your loved one are looking for. Not only will competition between senior living communities remain high, communities will have to work harder to highlight differentiators that set them apart and satisfy the needs of potential residents.

Our Senior Living Predictions for 2018

What are those trends? While we can't predict as far into the future as 2030, we can talk about trends in retirement communities for 2018 that we see coming. Let's take a look.

1. Broader, more accommodating dining options. From farm-to-table trends available in more grocery stores and restaurants, to vegetarian and vegan menus at popular food establishments like Taco Bell, it's no surprise that baby boomers and seniors looking for retirement communities are expecting more meal options. Gone are the days when traditional meat and potatoes will suffice – more and more seniors are looking for senior living communities that offer a variety of fresh, organic, healthy, and even vegan food options. Forward-looking communities that place an emphasis on their menus will attract many residents who put “good food” at the top of their wish lists.
2. A variety of floor plan options. Today's seniors are looking for not only an apartment that can accommodate their needs, but also modern, open floor plans with all the amenities like upgraded kitchens and finishes, plenty of storage space, and extra room for visiting friends or family members. Many of the offerings at senior living communities keep these needs in mind, and they are making the necessary modifications to their current apartment floor plans to meet them.
3. Wellness and active lifestyles will become more important. What do you look

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for when researching different senior housing options? What's on your list of "must-haves"? If the [wellness programs](#), health amenities and activities are important to you, you're not alone. As the baby boomer population ages, this generation will place more emphasis on staying active, and a senior living community is the perfect place to do it. Studies show that seniors who move to a [continuing care retirement](#) community are more likely to remain active and healthier than those who live alone in their home.

4. Technology will become more prevalent. Those entering retirement age are using more technology than generations before them. For example, one [Pew Research Center](#) survey found that 64 percent of Americans ages 50 to 64 use some form of social media. Fifty five percent of that same age group said they use Facebook. With the rise in mobile devices and tablets, we can bet that technology like streaming services, wireless devices, and Internet and Wi-Fi access will become even more prominent in retirement communities.
5. We'll continue to debunk myths about senior living communities. Do you believe all of the things you hear or read about retirement communities? Some people believe that because they're highly active and don't need assistance with daily living activities yet, senior housing isn't right for them. Or if they move into a retirement community, they're forced to attend events and socialize. Both of these myths are false. You can live an active, healthy lifestyle in an independent living community, and you can have plenty of social opportunities at your fingertips that you choose to attend. We invite you to come see for yourself - we think you'll be surprised by all the activities and amenities a senior living community has to offer.

Stonebridge at Montgomery: Here for Your Through Every Trend

The best senior housing communities understand that change and trends are inevitable and welcome them with open arms. The focus of Stonebridge at Montgomery is on our residents and potential residents, and that means we want our communities and apartments to grow, change, and suit your needs. You'll find an array of vibrant [living options](#) and plenty of [engaging activities](#) to ensure you thrive with us. [Contact us](#) today for more information.