



EVERYTHING RETIREMENT
LIVING LIFE BEGINS NOW

What's Trending in Retirement



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Introduction

Retirement Is the Freedom to Do Whatever You Want



Retirement these days is an active, exciting time of life. As your generation has done with every other aspect of life, you are revolutionizing retirement as well.

Today's retirees are enjoying the freedom to experience the very best life has to offer. This quarterly analysis of the latest retirement trends is your source for [Everything Retirement](#), from finance and technology, to health and travel, and more.

Discover just how much is out there waiting for you.

“ Sit back and relax and do the things you never got a chance to do.

– Julie Hebert

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Social

Getting Assistance on Your Terms



Today's retirees are revolutionizing the ways assistance is provided when needed, and the types and quality of services provided. They demand to have their voices heard and expectations met, and in the process are changing the sometimes-negative impression of assisted living arrangements.

These changes are driven by the fact today's retirees are healthier and more active than in the past, enjoying longer and fuller lives than any previous generation. This means they are able to remain in their own homes longer, and obtain only the level of assistance they need. For some, that's simply help with daily cooking or chores. For others, it's having a skilled nurse visit several times a week. Whatever they need, they can simply get it – without having to give up any of their independence.

The rapid evolution of retirement communities is just as remarkable. There are several key changes that are spreading throughout Canada:

1. Social Activities for Singles

Retirement communities now recognize that single retirees often have a renewed desire to meet and mingle. They go out of their way to attract single residents and provide a wide variety of events to cater to a rich and diverse dating scene.

2. World-class Cuisine

Retirees will no longer tolerate a retirement community that provides meals one could get at a hospital or on an airplane. They demand new culinary experiences and delicious fresh takes on old favourites. Meals at many retirement communities are quickly becoming one of their strongest selling points.

3. Engaging Wellness Programs

Because they are so much healthier than in generations past, retirees now expect to be in control of their own health and wellness routine, not simply receive prescribed treatments. From nutritional advice to yoga, sports to physical therapy, retirees demand options and freedom of choice.



Retirement, a time to do what you want to do, when you want to do it,
where you want to do it, and, how you want to do it.

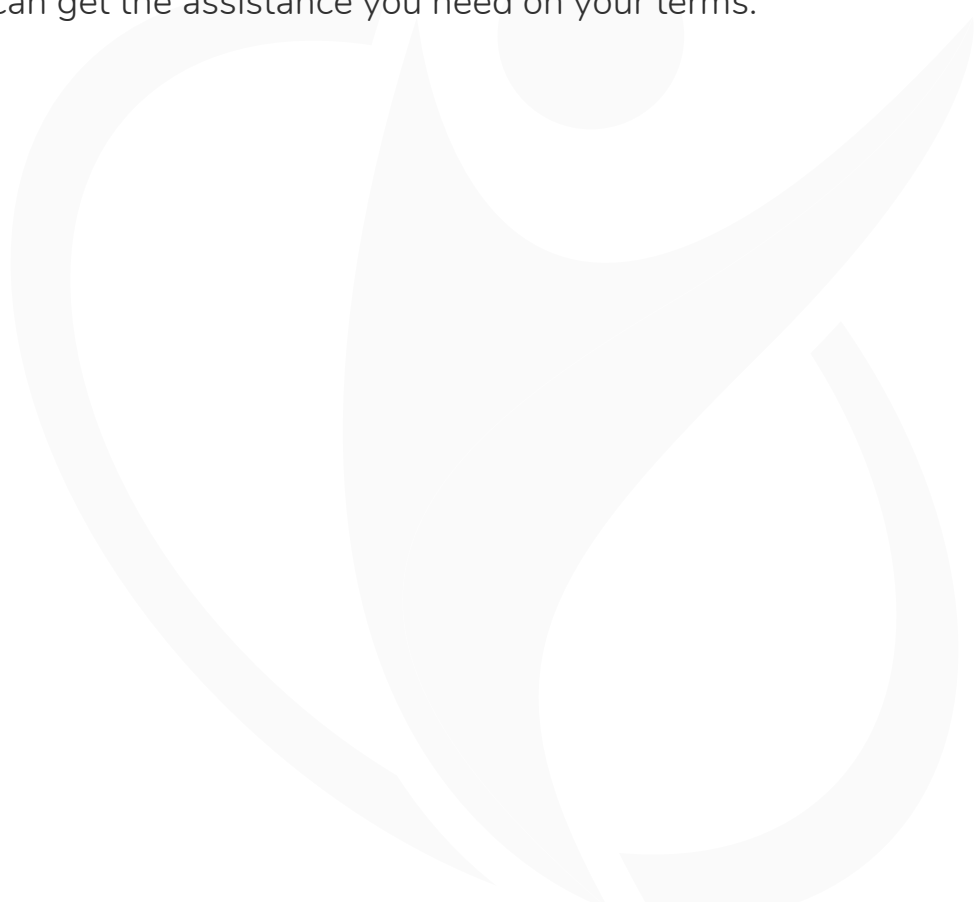
– Catherine Pulsifer



4. Continued Independence

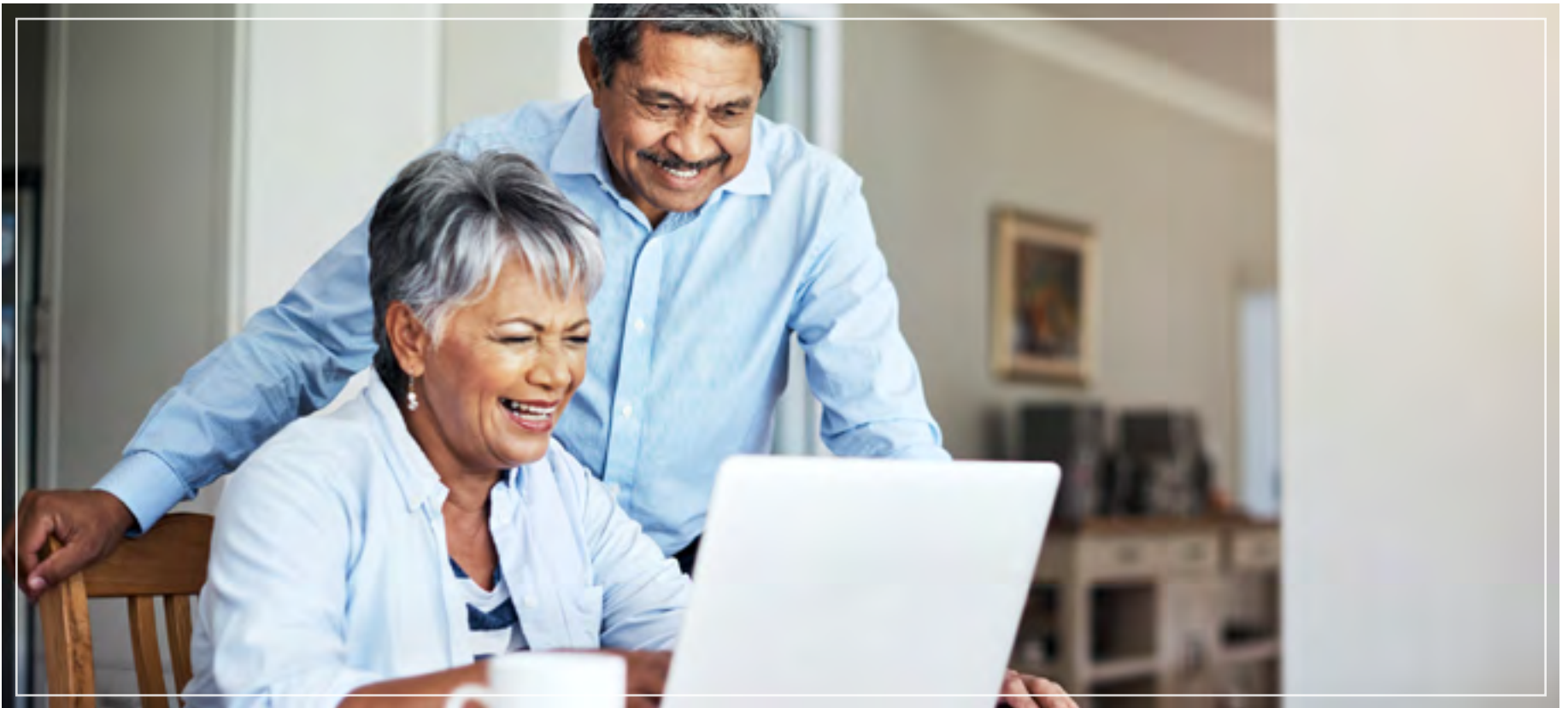
As is the case in the outside world, residents of retirement communities expect to live independently in their own home or suite for as long as possible. Where in the past long-term care beds were recommended at the first sign of trouble, these days many retirement communities are reducing the number of such beds in favour of in-house supports.

Whatever your personal abilities and assistance needs, you never have to accept not being heard. You have earned a respected place in society and today you can get the assistance you need on your terms.



Tech

Making Sense of Cloud Computing



You are certainly not alone if you are not entirely sure what the cloud is or how exactly computers use it. Although the vast majority of us use the cloud every day, most struggle to explain it.

Imagine if you used your smartphone to check Facebook, but could only use that one phone. If you lost it, or got a new one, you had to create a brand-new Facebook profile and add all of your friends again. The reason you don't is because your Facebook profile is in the cloud. That simply means it isn't stored only on your smartphone, but instead can be accessed from anywhere with an internet connection, using basically any device.

At its core, that's all the cloud is - a network of computer servers that can store your information. The cloud also protects your data. Web-based email accounts use the cloud and mean you always have a backup of your important information if any individual device such as a desktop computer crashes.

The cloud comes in three primary forms. Infrastructure as a Service (IaaS) and Platform as a Service (PaaS) are primarily used by businesses, whereas the third form - Software as a Service (SaaS) is what most people will encounter in their daily lives. This includes everything from the operating system on your smartphone to the web browser you use on your desktop computer.

Cloud computing, as it often called, provides many benefits to end users. These include:

1. Lower Costs

Using cloud-based applications doesn't require as powerful a computer as you would need if you were installing all of these programs locally.

2. Better Performance

The computers and devices you use do not have to devote as much memory to running cloud-based applications, meaning they can operate more quickly and often run into fewer problems.

3. Automatic Updates

Not only can you pay less for computers and software, cloud-based applications are automatically updated so you will always have up-to-date security and functionality.



Retirement is wonderful. It's doing nothing without worrying about getting caught at it.

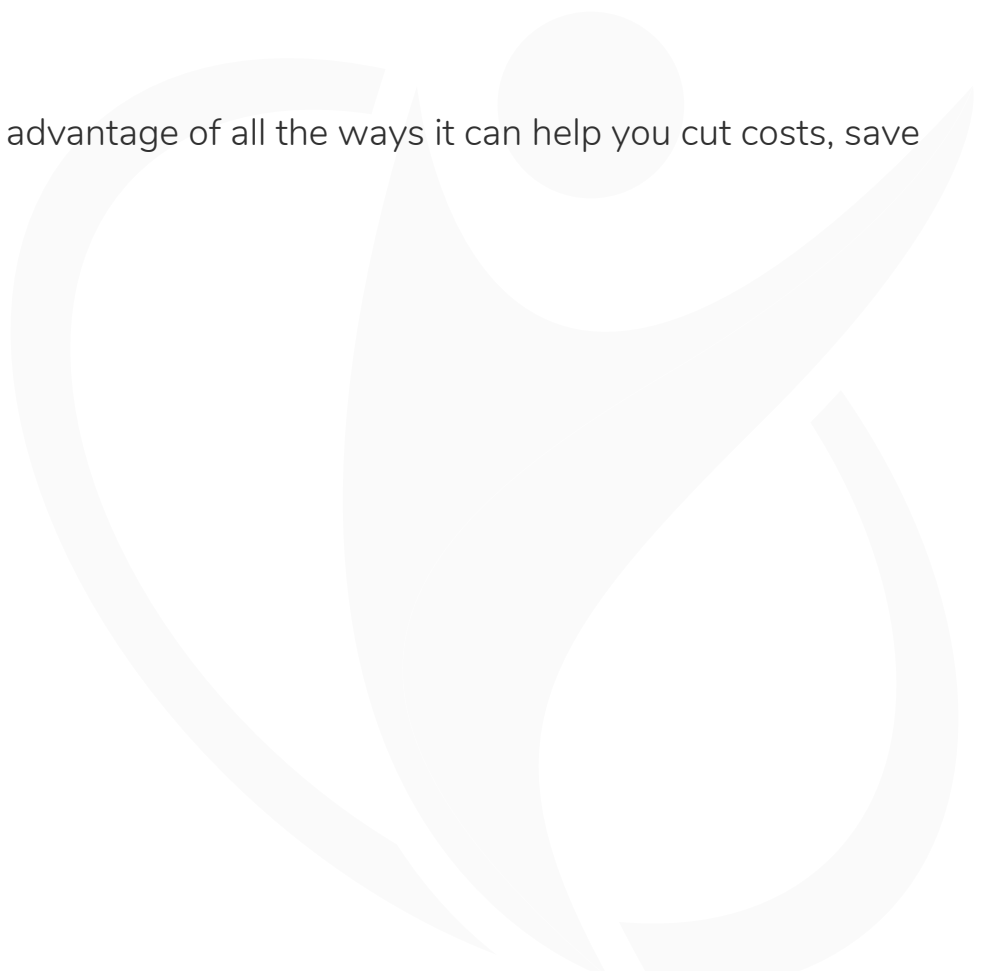
– Gene Perret



4. Potentially Limitless Storage and Access

If you have ever used Google Photos, you understand the convenience of being able to easily share photos with your family without having to keep them on your smartphone forever. Cloud-based applications can provide this ease of access for all of your data.

Understanding the cloud makes it easier to take full advantage of all the ways it can help you cut costs, save time, and get more done.



Finances

Safeguard Your Retirement Against Market Corrections



Bull markets such as the one Canada is currently experiencing are always at risk of a market correction. No one can accurately predict when that will happen, but we can be absolutely certain that, at some point, it will. Safeguarding your retirement income is critical at this stage in your life.

Plan for a Market Correction Now

The costliest potential mistake you can make is to fail to plan for a market correction and then react emotionally when one occurs. You risk making financial decisions that will have the effect of making temporary losses permanent. Now is the time to sit down with your financial advisor and discuss steps you can take immediately to safeguard your finances, as well formulate a plan for the adjustments you will make when a market correction occurs.

Diversify Your Portfolio & Rebalance as Needed

A well-diversified portfolio is the strongest safeguard in the event of a market correction. In retirement, it is best to minimize your exposure to high-risk investments. This enables you to make relatively minor adjustments in response to life and market changes. For example, if a market correction occurs, you may choose to keep more cash on hand, or purchase a different type of stocks and bonds.

The key to safeguarding your retirement income against a market correction is to accept one will happen and prepare as much as you can in advance. Your financial plan should meet your personal retirement needs whether the markets rise or fall.

Travel

Get Out on the Trails



Guided hikes are becoming increasingly popular throughout Canada and around the world. Joining a small group of like-minded retirees for a relaxing or challenging hike in the great outdoors is an affordable, accessible way to see exceptionally beautiful parts of the world both at home and abroad.

There are groups for people of all ages and skill levels and depending where you live or travel there are a wide variety of attractions you can take in on your hike, from rarely seen wildlife to spectacular natural vistas. For example, many of Canada's National Parks offer guided hikes, some last a few hours, others lasting a few days.

Today's active retirees who are physically able often look for more than a comfortable seat by the pool and guided hikes offer an exciting alternative. There are many benefits to choosing a guided hike over sightseeing alone, including:

1. Local Guides

Guided hikes are led by experienced locals who have a wealth of knowledge about the areas and attractions you will get to see.

2. Affordable Cost

Joining a small group for a guided hike is often one of the most affordable ways to get a fully immersive experience in the great outdoors.

3. Preparation

When you join a guided hike, you typically don't have to worry about what to pack. The guides will provide a list well in advance so you can rest assured you have everything you need for a safe trip.

4. Transportation & Accommodation

Many guided hikes have the option to share transportation and, if required, arrange accommodations. This is especially useful if you are traveling.

5. New Friendships

You will meet other people with shared interests as you enjoy the experience of a guided hike together. You can strike up new friendships that continue well after the hike is over, especially if you take in a few guided hikes close to home.

Where you are looking for a new social activity at home, or want to take a more adventurous trip to a far-off travel destination, consider adding a guided hike to your itinerary. You will be glad you did.



Health

Managing the Rising Cost of Healthcare



Healthcare costs can increase significantly in retirement as we or our loved ones require services, treatments, and prescriptions not covered by provincial healthcare plans.

Unexpected healthcare costs can threaten even the most robust retirement portfolios. A wide variety of surveys and studies have consistently shown Canadians pay thousands of dollars in added healthcare costs every year after age 65.

Plan for Your Healthcare Needs

Even if you are relatively healthy and remain able to live in your home, the services and supports you may need can quickly add up. A visit by a skilled nurse or personal care support such as assistance bathing and dressing will quickly add up.

If you eventually require a private room in a retirement care facility, it will cost thousands and thousands of dollars per month. Imagine facing such a significant increase in expenses with no forethought or planning?

You need to include healthcare in your retirement planning. Not just the healthcare that you currently use, but the level of care you may need or want in the future.

Even a low level of home care – a couple of meal deliveries per day and some personal care assistance – can cost more than \$1,000 per month depending on where you live.

Even if you are fit as a fiddle, don't wait until you're already feeling unwell to take action. It is never too early to sit down with your family and begin planning for these future costs. There are many options available, from adjusting spending habits, to purchasing insurance for disability, critical illness, and long-term care.

You will greatly appreciate the peace of mind that comes from knowing your future healthcare needs will be met.



“As in all successful ventures, the foundation of a good retirement is planning.
– Earl Nightingale”

Conclusion

Retirement Is Exactly What You Say It Is



Whether you want to streamline your finances, adopt a healthier lifestyle, transform your life through travel, or just keep up-to-date on the latest ideas and trends, Everything Retirement is your guide.

Every quarter, Everything Retirement provides this analysis of the latest retirement trends - one easy, complimentary source to give you the insight and tips you need to enjoy your retirement on your terms.

Learn more by visiting everythingretirement.com.

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Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.

- Ralph Waldo Emerson

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