



FOR IMMEDIATE RELEASE:

**Mather LifeWays Institute on Aging Announces
Initial Findings from Landmark Research on Life Plan Communities**

Registration Open for Additional Communities Until November 30

Evanston, IL (October 16, 2018) – First year results are in for the landmark Age Well Study being conducted by Mather LifeWays Institute on Aging and Northwestern University, and they spell good news for Life Plan Community residents.

The Age Well Study is the only national longitudinal study to evaluate the impact of living in a Life Plan Community on residents' health and well-being. The Age Well Study measures residents' self-reported health and wellness metrics through a survey taken annually for five years. Results will be compared to a demographically similar sample drawn from the Health and Retirement Study (HRS) conducted by the University of Michigan.

Year one of the study compares 2018 survey responses from more than 5,000 residents in 80 Life Plan Communities across the United States. Initial results show:

- Life Plan Community residents tend to have greater emotional, social, physical, intellectual, and vocational wellness than their community-dwelling counterparts
- Residents report significantly more healthy behaviors than community dwellers (not just more exercise)
- 69% of residents reported that moving to a Life Plan Community "somewhat or greatly improved" their social wellness

"The Age Well Study represents the most extensive research to-date exploring health and wellness in Life Plan Communities. We're not surprised that initial findings reflect positive benefits," said Mary Leary, President and CEO, Mather LifeWays. "Mather LifeWays is committed to creating ways to enhance the lives of older adults, and this study reaffirms that goal and will add value to our industry as a whole."

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Life Plan Communities interested in participating in the Age Well Study are encouraged to visit www.theagewellstudy.com for details. As a benefit of participating, Life Plan Communities will receive information and insights, including an individual report summarizing their own resident data and a full copy of the final report. The deadline to register is November 30.

“Our residents and staff have enjoyed participating in the Age Well Study and know that the information it will provide will be invaluable, not only for the industry, but for our community specifically,” said Pat Duarte, CEO, Kahala Nui, Honolulu, Hawaii. “We look forward to receiving our report and know it will help our staff, residents, and future generations.”

First year findings on the Age Well Study are being compiled and will be published in January 2019. Those interested in receiving copies of the report when released can email agewellstudy@matherlifeways.com.

About Mather LifeWays Based in Evanston, Illinois, Mather LifeWays is a 75+-year-old unique, nondenominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well. Mather LifeWays Institute on Aging serves as an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations. Known for its vision of changing the way society views aging, Mather LifeWays is committed to transforming practices, perspectives and language surrounding aging, and partnered with LeadingAge in 2015 to change the category name for Life Plan Communities. The landmark Age Well Study is the latest example of its commitment to these industries. To learn more about Mather LifeWays Institute on Aging, or Mather LifeWays senior residences and community initiatives, find your way to www.matherlifeways.com.

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