

The Pros & Cons of Active Adult Communities

Active adult communities are an increasingly popular residential option for those older than 55. They offer many advantages, as well as some disadvantages, that you might consider before making a move. As your SRES® Professional, I can help you consider this choice.



Convenient for downsizing

Downsizing in an active adult community offers the opportunity to simplify your lifestyle. With reduced maintenance and living expenses, you'll have more time for activities that promote an active and social lifestyle.

Available amenities

An active adult community can elevate your lifestyle experiences with amenities that can include pools, fitness centers, golf courses, walking trails, spas, gourmet kitchens, smart home technology, and services catering to residents' comfort and convenience.

Activities create community

Regular social events and activities promote camaraderie and provide opportunities for companionship within the community. This sense of community makes these communities an attractive option if you're seeking a socially engaging living environment.

Enhanced safety and security

Active retirement communities are often gated or have secure entries and have regular staffing. Some active adult communities also have on-site security for additional safety.

Low-maintenance living

In these communities, maintenance is typically covered by monthly rent or association dues, resulting in a low-hassle lifestyle.

Smaller homes

Units in most active adult communities are designed for one or two people and are likely smaller than the home from which you may be moving. You'll need to consider how to organize belongings for storage or sort through possessions before moving.

Age restrictions

If you have children who might live with you at some point, rules against younger residents could complicate your choice.

No on-site medical care

If you have healthcare needs, those services or assisted living care aren't typically offered by active adult rental communities. Home care assistance can be arranged through a third party, adding to the cost of the residence.

Limited assistance with daily needs

Almost by definition, active senior communities are created for individuals who are independent and do not need assistance with daily needs. Although most active adult communities allow a companion caregiver to accompany you, that individual is responsible for your independence.

