



FOR IMMEDIATE RELEASE:

Mather Institute Announces New Findings on Happiness in Residents of Life Plan Communities, in Year 3 of Landmark Study

Evanston, IL (January 13, 2021) – What factors are related to the happiness and life satisfaction of Life Plan Community residents? This question was explored in great depth in the landmark, five-year Age Well Study being conducted by Mather Institute and Northwestern University. Year 3 findings of the study are being issued today in a free report available for download by Mather Institute at TheAgeWellStudy.com

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. In its first year, findings from the Age Well Study showed that Life Plan Community residents' health and wellness compared favorably to that of a demographically similar sample of community-dwelling older adults. Year 2 of the study focused on factors that contribute to residents' physical health and well-being.

Now, Year 3 of the study investigates factors that may be associated with residents' happiness and life satisfaction. Researchers looked for relationships between residents' self-reported levels of happiness and a wide range of factors, including their personal characteristics and personality traits, their psychological resources, social and communal factors, and their physical health.

Study findings are based on survey responses from nearly 4,200 residents in 122 Life Plan Communities across the United States. The results reinforce the effects of happiness on multiple areas of health, underlining the importance of providing residents with opportunities for strengthening their optimism, resilience, and feelings of community belonging, thus building their own happiness.

Highlights of the findings include:

- Life Plan Community residents' average happiness and life satisfaction scores are near the top of the range.
- The personality traits of extroversion and agreeableness were both associated with greater happiness and life satisfaction.
- Approximately 92% of respondents were highly satisfied with the place where they live.

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“We’re excited to see the Year 3 findings on how happiness affects multiple areas of health, and to contribute research that can help others make the connection between various personal behaviors or traits and emotional wellness,” said Mary Leary, President and CEO, Mather. “The associations presented in the results provide valuable insights to Life Plan Communities about the importance of developing and customizing programs and other resources for residents, and to the residents themselves.”

The Age Well Study measures residents’ self-reported health and wellness metrics through a survey taken annually over five years. Results are being compared against a demographically similar sample drawn from the Health and Retirement Study (HRS) conducted by the University of Michigan. Mather Institute’s research partners include Northwestern University, ASHA, LeadingAge, Ziegler, Novare®, Life Care Services, and National Investment Center.

ABOUT MATHER

Based in Evanston, Illinois, Mather is an 80-year-old, non-denominational not-for-profit organization that creates Ways to Age Well.SM Mather Institute 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 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 Institute, or Mather senior residences and community-based initiatives, find your way to www.mather.com.

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