



Which Senior Home Care Option Is Best for You?

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Preparing for retirement requires planning, from finances to future healthcare needs. It's important to think ahead in terms of living arrangements. The place you live in right now might not be best suited for enjoying your later years. For instance, a large property requires excessive maintenance that can get tough as mobility and strength decline with age. You'll need to decide whether you want to age in place, buy a senior accessible home, or move to an assisted living facility.

Make Modifications to Your Existing Home

[Aging in place](#) is becoming increasingly popular among older people in the US. Staying in your current home allows you to maintain community ties, but you will have to make changes to your home as you age. You should also consider living with a significant other or roommate. According to The Lily, more and more seniors are [living together](#) to keep from feeling isolated.

The bathroom is a common area for slips and falls, so you should tackle it first. Install a [raised toilet seat](#), as standing up gets harder with age. A walk-in tub or shower will keep you from having to climb over a tall ledge. You can also add handrails, a shower seat, and no-slip mats.

To make your kitchen more accessible, try installing pantry drawers instead of high-up

cabinets and adding extra workspaces. Age In Place recommends using refrigerators that have [freezer storage](#) on the bottom for easy access and adjusting the height/location of the sink to make things easier.

You'll also want to make sure your home has proper lighting, which can help reduce the risk of tripping. This should include a combination of natural and artificial lighting. You should also have automatic lights in your hallway that come on at night. Lighting is also a factor outside, so look into smart home security systems that include [motion-detected lighting](#) like spotlights and floodlights along sidewalks and at the doorways.

Also outside, ramps that promote mobility to and from entryways are worth looking into, making a home more accessible. When [installing a ramp](#), it may be necessary to grade the yard around the base to ensure it's level and secure. This is a job best left to the pros, so look into hiring a local contractor by Googling "[landscape grading near me](#)" and using Angi to contact multiple companies for estimates.

Figure Out How Much You Can Pay and Buy a Senior-Accessible Home

Before you start your search for the perfect home, you should have an idea of how much you can spend on one. It's important not to spend all your money on a house because you will need money in the future for potential emergencies and hospital bills. To figure out how much you can spend on a senior-accessible home, you can use an online affordability calculator that will look at your annual household income, the down payment, and your monthly debts.

If you are ready to move to a smaller house, look for one-story models. If you find a house you love and it has stairs, make sure it can accommodate installations like a [wheelchair lift](#) if needed later. Beyond the number of floors, look for other accessibility issues throughout the home. Are the doors wide enough to accommodate walkers or wheelchairs? Does the bathroom have a walk-in shower or tub, or will you want to install this later? Keep the cost of potential renovations in mind as you consider housing prices.

When you're ready to purchase a senior-friendly home and/or sell your current home, connect with the real estate professionals at [Wilbur Real Estate Group](#) who offer exceptional service and have market expertise in your area.

Move Into Assisted Living

If neither of the options above speaks to you, then moving to an assisted living facility may be your best bet. This puts you in a community with like-minded seniors, giving you an automatic social network. This is incredibly valuable with age, as such connections are shown to combat the isolation and depression seniors are vulnerable to. An active social life can even help [improve physical health](#), such as blood pressure and bone health.

To find the right assisted living facility for you, search online for available communities in the area. Keep in mind the potential monthly costs, amenities, and convenience of nearby services such as medical care. For the latter, you may benefit from choosing a facility close to a hospital, so keep location and medical needs in mind as you search for assisted living facilities.

Remember that if you have a serious medical issue that needs 24/7 supervision, then a nursing home will be your best option. Once you've decided to move into assisted living, don't forget to schedule tours of the facilities you like the most to help you make an informed decision.

The option that's best for you depends on your personal preferences and care needs. If you are fully independent and require no assistance, you may consider simply making modifications to your own home. If you require hands-on care, however, an assisted living facility may be the better choice. Whatever you decide on, the most important thing is that you are safe, comfortable, and happy in your future home.

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