



Choose the Best Senior Living Option With These Tips

Senior living comes in many forms these days, from nursing homes to community living to aging-in-place, and it can be difficult to make a choice when there are so many factors that go into a decision. If you or your senior loved one have special needs due to a physical health issue or require memory care, an assisted living facility is likely the best option. However, figuring out how to [pay](#) for that care and start the process of moving can be a challenge. Many seniors prefer to stay in their homes, but that might also require specialized care or assistance. Utilize this short guide as you start the process of making plans for the future.

The [Cambridge Council on Aging](#) seeks to advocate for seniors in Cambridge. Learn how you can [make a difference](#).

Choosing the best option

Many factors go into [choosing](#) the right living situation for an older adult. If you or your loved one are living with a debilitating illness or need help with daily activities such as bathing and

cooking, a nursing facility that offers full services might be the best option. For those who want a senior community that offers lots of [social opportunities](#), there are apartment complexes and neighborhoods made specifically for older adults that don't offer medical assistance. It all depends on your abilities, needs, and budget.

Selling your home

If you or your loved one will require long-term care or an assisted living facility, covering the cost may prove challenging. One option that can help you raise funds is to sell your home. This is also a viable option if you want to age-in-place since downsizing can offer a smaller, safer living situation that requires less upkeep. Do a little research to find out how much you still owe on your current mortgage, how much the realtor fees will be, and what the average sale prices are for homes in your area. This will give you a good idea of how much you can expect to get for your home.

When you're ready to sell your home, it's time to hire a realtor and prepare your home for sale and an open house. When showing your property, deep clean each room, [maximize](#) natural lighting, and declutter.

Aging-in-Place

Aging-in-place is yet another [option](#) for older adults who are healthy and happy in their own homes. When making the decision to [move](#) to a smaller home or stay in your current one, it's important to remember that your circumstances may change over the years. Stairs may become difficult or impossible to manage, and cleaning a larger home might be much more challenging in the future. Moving to an apartment or smaller house will allow you to make some changes for your safety while ensuring that you remain comfortable in a space of your choosing.

Making modifications

Modifications are essential for senior living, whether you choose to downsize, stay in your current home with a caregiver, or move to a senior facility. They may be as small as adding grab bars in the bathroom or as big as widening doorways to allow for equipment, but for older adults, these [changes](#) are absolutely necessary for safety and comfort. You can also make changes to your [furniture](#), such as replacing a reclining chair with one that helps you move to a standing position more easily, or investing in a mattress that allows you to sit up with support. These

modifications will help reduce the risk of injury and keep you comfortable no matter where you live.

Senior living options have changed over the years, but there's still quite a bit to consider when you're ready to make a move or get assistance. Ask for help from friends and loved ones as you start the process to help reduce stress and anxiety so you can focus on the next chapter of your life.

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