

# Aging at Home Isn't Just a Dream Goal, Here's How to Make It Happen

So many senior citizens want to *age in their homes*. It's familiar. They know the repairs that are done and need doing. They know their neighbors and the community. There's a level of comfort in knowing what's available for transportation, activities, and services.

As your parents age, you may worry about them being in their home alone. That's a valid concern. There are ways to make you both happy.

***Here's how to make aging at home a reality.***



Elder Care Union County NJ –  
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Make It Happen

## ***Update the Home With Safety Features***

Make sure your parents' home has been updated with features that keep them safe. Grab bars need to be inside the shower/tub, on the wall right outside, and near the toilet. They must be secured to a stud in the wall. They cannot just

be mounted on sheetrock.

Fix loose carpeting. Remove decorative rugs. If your parents have wood, tile, or laminate floor, make sure there is no raised surface or loose board that could cause them to slip or trip. Keep the floors clear of clutter like pet toys, shoes, and furnishings.

Check handrails on the deck, front steps, and stairs within the home. If anything is loose or splintered, fix it. If they're rotted, replace them.

### ***Rearrange Bedroom Layouts***

When possible, try to put your parents' bedroom on the main floor. If stairs become a problem, they'll want to be on one floor. They need easy access to the bathroom, kitchen, and bedroom.

If the home's layout makes it impossible to move a bedroom from an upstairs location, you might want to consider saving up for a stairlift. When the time comes, you'll have the money available to have one installed.

### ***Look at Transportation Issues***

Once your parents are no longer driving, they still need to be able to get to their doctor/dentist, area stores, and services/businesses. You don't want them becoming isolated.

Weigh their options for transportation. How often will they need rides? Could you provide each ride they need? If not, could you arrange to have someone else driving them to appointments, social activities, and other outings?

### ***Schedule Elder Care***

You'll spend time with your parents. When you can't be there, instead of worrying about them, hire elder care aides. Your parents benefit from scheduled visits that help them with

elder care services like medication reminders, housekeeping, and transportation. You have peace of mind knowing they won't struggle around the home.

***If you or an aging loved one are considering hiring professional [Elder Care Services in Union County NJ](#), please talk to the caring staff at Generations Home Health Care today. Providing Home Care in Somerset, Essex, Union, Morris and Hunterdon Counties. Call us today at (908) 290-0691 or (973) 241-4534.***