

Aging in place for older adults

Many people have a loved one who is an older adult. Sometimes an older adult may wish to stay in their home as they get older. This is possible for many older adults with some support from family members or friends.



Here are some ways to help an older loved one stay in their home:

- **Be sure they can get around.** Some adults may need a walker or electric scooter. Sometimes Medicare will help cover the cost of these mobility aids.



- **Help them find things to do.** It can be boring and lonely at home alone. Help them learn how to do video calls with family and friends. When it's safe to do so, help them get involved at a local senior center.

- **Get them daytime help if needed.** Some people may need help with personal care, such as washing their hair. If a family member can't be there each day, consider hiring a trained aide that can help them with everyday needs.

- **Consider an emergency alert system.** This can call for help if your loved one falls or gets hurt.

- **Keep nutrition in mind.** Be sure your loved one can get healthy food from the grocery store. Consider meal delivery services in your area that may be free or low-cost.

- **Make sure they go to appointments.** Regular checkups are important, especially if the person has any health conditions. Drive them to their appointments if needed.

- **Check up on bills.** Make sure their bills for insurance, utilities and other needs are getting paid on time. Find out what bills they have and offer to help get them organized and paid. Talk to them about scams, too. Tell them not to give out their social security number or other information to anyone over the phone.



- **Get rid of fall hazards.** Consider ramps instead of stairs at the front door. Put grab bars in showers and bathtubs. Put plenty of night lights around their house and remove loose rugs from the floor. Encourage them to wear supportive shoes or non-slip socks around the house.

Source: National Institute on Aging