

Factors to Consider When Choosing Long-Term Care



Photo Credit: [Pexels.com](https://www.pexels.com)

The Safety and Health Foundation is committed to the security of individuals of all ages, races, and religions, offering diverse educational services from CPR training to cancer awareness seminars. Visit our news page for the [latest updates](#).

If you are considering moving to a nursing home or assisted living facility or have a loved one ready to make the transition, you can expect many benefits. According to Senior Path, a nursing home can [make daily life easier](#) and more enjoyable by providing assistance with tasks like housekeeping and meal preparation. Moving to a senior community also gives older individuals companionship, which can be preferable to living alone. Read on to discover what factors you should consider when choosing a senior living facility.

Care needs

Different seniors have different needs in terms of the care they require. Some just want help with physically demanding chores like housekeeping. Others require more hands-on assistance, such as incontinence care and personal grooming aid. Meanwhile, other individuals may require memory care.

Aging Care [explains that](#) the first step in finding suitable senior housing is a needs assessment. This assessment involves everything from considering the individual's history of falls to their mental acuity. A physician can help take care of this step.

Cost

You want to make sure you can afford the senior care facility you or your loved one desires. The Centers for Medicare & Medicaid Services explain that some nursing homes can get Medicare certification, which can [help you save money](#).

When looking for ways to fund assisted living, you might consider selling your home. Look at sales of similar homes in your area for an idea of what you can make. Keep in mind that you have to subtract any realtor fees and outstanding mortgage balances from the sale price. Redfin has an online calculator you can use to [estimate your profit](#).

Safety (infrastructure and staffing)

Safety is an essential consideration for any form of senior housing. For example, older individuals are more prone to falls. With this in mind, a well-kept care facility will have grab bars in bathrooms and shower seats. Staffing also impacts residents' well-being. Cochran Law [reveals that](#) inadequate staffing poses a greater risk of injuries. Further, it's important that nursing home staff have basic medical training, like CPR. The Safety and Health Foundation is [committed to providing education](#) about safety issues throughout Washington D.C. and offers first aid and CPR courses.

Location

There are nursing homes located all across the United States, providing seniors with many options in terms of location. Some individuals prefer to move closer to family or friends. [According to](#) U.S. News & World Report, this offers advantages like being able to spend more time with grandchildren. Other people are more concerned with details like weather, preferring to move to a warmer climate in their older age. Some people even move abroad for senior living, opting for more affordable locations to cut costs.

Personal preferences

Last but not least, personal preferences are a significant factor when choosing a facility. For example, do you want someone else handling meal preparation? As Healthline explains, nutrition is a big issue for elderly individuals because they have a [slower metabolism](#) — meaning, they tend to eat less. This can make it harder to get necessary vitamins and minerals. You may also be interested in senior living facilities that offer physical activity programs. Very Well Health reveals that activities [can help](#) residents stay healthy and bond.

Finding the right nursing home for yourself or your loved one takes some time and consideration. Once you've gone through the above list, you can make an informed decision.