



Preparing a Senior for a Late-Life Move

Whether your aging family member is moving into a new home or condo or is making the transition to senior living, they will almost certainly be headed to a smaller space. This can bring many challenges, especially for seniors who have collected a lifetime's worth of treasures and trinkets. There is also an emotional impact that goes along with the senior admitting that they are no longer as capable of living in the place they've called home for many years. If your family is facing this situation, keep reading for advice to get you through the process.

Know Their Options

While there are many options, the two most common are moving to a [smaller home](#) or into a senior living facility. There are pros and cons to each.

A smaller, single-family home can help the senior maintain a sense of autonomy. They will likely have enough space to bring many of their treasured belongings, and they can have [grandchildren](#) stay the night whenever they please. However, they will be alone and won't always have immediate access to help if it's needed. Further, they'll be responsible for [cooking](#) their own meals, cleaning, and home maintenance.

An assisted living center will still provide them with the freedom to make their own decisions, but they will always [have others around](#). They can enjoy benefits such as prepared meals, planned recreational activities, and transportation services. Assisted living may be the best option for a senior with mobility issues or who has trouble remembering things like when to take their medicine. Unfortunately, their space will likely be smaller, and they will not be able to bring the majority of their personal belongings with them.

When looking for a single-family house, ask your realtor to help you weed out properties with stairs. They can also assist you in searching for features, such as a doorway ramp and wheelchair-friendly hallways. If a senior-oriented complex is in your family member's future, make sure to research and compare the many different assisted living centers in Pompano Beach before making a decision. While each will have features that cater to seniors (prepared meals, assistance with dressing and bathing, housework, etc.), no two are alike, and they may find the amenities at one more appealing than the rest. It's also important to take into account the range in pricing. A Place for Mom notes that monthly costs in South Florida range anywhere [from \\$1,500 to \\$11,370](#).

Tackle the Moving Process

Money Crashers' Laura Williams sums up the process of moving to a smaller home quite nicely, citing that, "The [key to downsizing](#) is to purge your life of the things you don't need without getting rid of the things you do need." While it sounds simple, deciding which items go in each category isn't always easy. Give your loved one at least three months to clean and sort their belongings, making sure to offer plenty of help along the way.

Do not push your mom or dad to get rid of too many items too soon. Integrated Move Management stresses that this [transition is overwhelming](#) for seniors. They may not be physically or emotionally able to do it all at once. Slow, steady, and purposeful packing will give your senior time to make the tough decisions and to say goodbye to their current lifestyle.

When it is time, at least six weeks in advance, plan to host a garage sale or ask your senior if there is a charity they would like to donate their furniture, clothing, and collections that have not been distributed among the family. When all that is remaining is what will move with the senior, call three or four different [moving companies](#) to come to the home and provide a quote.

For all of the ups and downs, the end result of moving to a smaller home or into assisted living is a safer environment for your loved one. Keep this in mind throughout the process, and make sure that your loved one has a say in each step along the way.

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