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A Guide To Caring for Senior Loved Ones

Dealing with aging loved ones is difficult, especially if you do not live in close proximity. If you live an hour or more away from your relative and he or she is starting to need more assistance, it may be time to consider relocating. [Open Arms Retirement Center](#) presents the following guide to help you through the moving process.

How To Know When You Should Relocate

A recent study found that [38% of seniors](#) lacked a reliable friend or family member who could help them in the event of a serious illness. If this is the case for your aging relative, it may be time to contemplate your move. Other factors to consider include:

- The safety of the senior's home
- His or her health
- Whether dementia is present
- Whether he or she can manage daily activities safely

Additionally, if traveling to and from your loved one's home to provide care is wearing you out, relocating may make sense for you. [Caretaker burnout](#) is real, and long commutes can exacerbate it.

How To Purchase a New Home

If you plan to move to care for your senior relative, you will need a new abode. Assuming you are in the position to purchase a home, knowing your debt-to-income ratio before you get started will help you determine how much [you can afford](#) to pay each month. This ratio is calculated by totaling your current monthly debt payments and dividing this by your gross monthly income. Lenders do not want to loan funds to people who cannot afford to pay them back, and this is just one way they try to protect their investments.

Once you have calculated your debt-to-income ratio, apply for a [mortgage pre-approval](#) so you can confidently shop for homes. You should also determine whether you need to plan for your aging parent to live in your house. This will impact the type of home you buy and how many bedrooms you need. Think about easy access for people with difficulty getting up and down the stairs and look for a dwelling with a bathroom on the main level. If you cannot find a home to suit your needs, consider whether remodeling would allow you to transform a house into the space you require.

How To Make Moving a Cinch

Since you are busy living your life and caring for a family member, you may find the thought of moving stressful. Rather than overwhelming yourself, hire professionals to make your life easier. In addition to [bringing in movers](#), you can also hire [experts to pack](#) your current home. Once you decide to relocate, start going through your belongings and determine what to keep, donate, or trash.

How to Assist After the Move

After you settle into your new surroundings, you will have time to start aiding your loved one with everyday life. Ways to help include grocery shopping, cleaning, and perhaps most importantly, sharing quality moments. When you spend more time together, you may notice your senior relative has a hard time with daily survival at home. If this is the case, start thinking of alternate living arrangements, such as [moving in with you](#) or to a retirement or [long-term care facility](#).

Becoming a caregiver to aging relatives is difficult. Remember to treat them with the love and patience you were shown when the roles were reversed.