

Health and Wellness

Provided by Bethany Care Ministry Outreach Program

Aging Children & Aging Parents

Bethany Community Care Ministry will be focusing on care giving and caregiver relationships this fall, and will be offering some educational programs for both caregivers and their loved ones. The following article addresses an important "conversation between generations."

THINK ABOUT CHANGING NEEDS When Making Housing Choices



Making family decisions related to aging is often a challenge. One of the best things family members can do is talk to and listen to each other. Housing decisions are among the most personal choices we make. Growing older brings with it a need to discuss housing options, but it doesn't have to mean moving to a different home. As people grow older and family needs change, most people prefer to live in their familiar homes and neighborhoods. Studies have shown that doing so may help them remain healthier. A home represents our past experiences and shared relationships, personal taste, independence, comfort and privacy. However, many houses require physical modifications in order to meet the changing needs of families. Aging may bring some limitations that make daily tasks harder. The following questions can be used to help you and your family evaluate the suitability of a current or desired home:

“Housing decisions are among the most personal choices we make.”

- Is anyone's health or safety at risk in the current situation?
- Are stores, church, doctor, and various social activities easily reached?
- Are the neighborhood and neighbors compatible?
- Does the main level have a bathroom and bedroom?
- What repairs are or will be needed? Are they minor or major?
- Will regular expenses (utilities, taxes, etc.) put a strain on income?
- How much of a burden are home ownership responsibilities?
- Can yard work and snow and ice removal be handled? By whom?
- Are laundry facilities convenient?
- Is private space available for a live-in caregiver if needed?
- What support can family members realistically provide?
- What kind of help is available from local professionals and agencies?

These are questions and concerns which Bethany Community Care Ministry plans to help you address. We will be offering classes soon. If you want to speak to someone about these or other care giving issues, please contact us at 715-942-1437.

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Resource: UW-Extension

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