

### **Risk Factor – Thinking of Moving In Order to Get Help**

- Many older adults move from home to a care setting because they need help, or they want to be where help is offered in case they should need it.
- Common reasons to move to a setting that offers assisted living or nursing care are:
  - Physician and/or family encourage it
  - To get help with medications, personal care, health condition, rides, finances, no house to maintain, errands, socialization, etc.
  - Loneliness and/or fear of being alone due to death of spouse, siblings, and friends; or changing neighborhood
  - Long-distant adult children are concerned about safety and health issues
  - Difficulty getting in and out of, or around the home
  - Age – “I’m over 80, it’s time to move.”
  - Changes in memory, vision, and hearing
  - Appeal of newer housing and services
- Many older adults decide to move during a “crisis” such as following a hospitalization or short-term nursing home for an illness or falls related injury.

**KEY TIP: Know what services you are buying *before* you move.**

**KEY TIP: Learn what local services and supports can help you live at home when you need help.**

#### Other Tips