

Why Do Boulder Seniors Want to Stay In Their Home?

Are your parents reaching an age where remaining in their home is becoming a challenge? Do they have problems with mobility, taking care of the house or yard, or an illness that requires more attention? Have they lost their ability to drive so getting to the doctor or running errands has become a challenge?

This issue faces many sons and daughters who would prefer their parents move to a retirement community, nursing home or assisted living facility. However, the mere mention of the word “nursing home” may send your aging parents into frenzy, thinking you are going to “stick them in a place and forget about them.”

According to [AARP](#), 90% of adults age 50 and over want to stay in their homes and “age in place,” as it is commonly called. In fact, even if they need day-to-day assistance, 82% still want to stay in their home. Only 9% are in favor of moving to a facility and 4% are willing to move to a relative’s home. Why are many seniors so adamant about staying in their own homes?

At FirstLight HomeCare, we work with seniors in Boulder, Longmont, Broomfield and beyond every day. The top three reasons they give us are: independence, familiarity and cost.

- **Independence.** Who wants to be on someone else’s schedule? For example, they want to eat when they want to eat versus going to a dining area at a certain hour. They have made their own rules all their lives and they don’t want to start following someone else’s now. They enjoy the freedom of living at home.
- **Familiarity.** Change is difficult at any age, yet alone when you get older. Many seniors have lived in their homes a long time and enjoy their friends and sense of community. They know where everything is in their home, and they love the familiarity of their grocery stores, pharmacy and shopping centers.
- **Cost.** Many senior citizens own their own home or have a very low mortgage. According to [Forbes](#), the average cost of nursing home care in the U.S. is \$6,700 a month, making it unaffordable for most senior citizens who rely on Social Security.

Although the desire to live independently might be strong, there are many factors that can make it difficult for seniors to stay in their homes. This may include their ability to take care of their home, to be safe in it, and to get around when they need to. "There are some people who just can do it, especially if they have family support," said Connie Pifher, a social worker from Connecticut. "And then you run into people who think they can do it, yet really can't. You need to start educating people before a crisis hits."

At FirstLight HomeCare, we work with Boulder seniors and their families to make their homes as safe as possible, suggesting adaptations to bathrooms, lighting, staircases and flooring to prevent falls. Usually with a little muscle and a low budget, the home can be made “senior safe.” We can also help with their day-to-day activities of personal and companion care, performing homemaker and chore duties, transportation, protective services, and more.

Let's admit it. There's no place like home. Let FirstLight HomeCare help the Boulder senior in your life with their heartfelt wish of remaining in their own home with our quality home care services provided by professional caregivers!