



## Caring for Your Senior Loved One Who is in Poor Health

Caring for your senior loved one, especially if their health is poor, can feel like a task that's too heavy to handle on your own. It can feel like even more unfamiliar territory after the pandemic, as we come to terms with the many things that have changed so suddenly. [NANAY](#) has some helpful advice on how to make life as comfortable as possible for your loved one as you both transition into a new way of living.

### Equip yourself with knowledge

One of the best things you can do to ensure you are as equipped as possible to handle your situation is to gather all the knowledge you need in order to make the best decision for your relative and yourself. There are many reliable and informative [resources](#) available in-person as well as online to familiarize yourself with aged care best practices. Of course, don't forget to

lean on the advice of support groups that can help you come to terms with your situation and help you determine what your next steps should be.

## Make them feel included in your decision

Of course, you should also include your loved one's opinion concerning any major decisions you may take that could potentially affect their lives dramatically. Again, it's also about being empathetic to how they could be feeling and finding ways to alleviate any [stress](#) and anxiety they may be feeling. This two-way open [communication](#) could provide invaluable insight and could even provide insight concerning what care they require and whether you are able to care for all their needs or not.

## Seeking out an assisted living facility

Perhaps you've decided that you can no longer care for your relative on your own because they require specialized and ongoing attention. In this instance, you could look into an assisted living facility, knowing they will be in the capable hands of professionals who will know how to tend to their needs better. However, you'll want to do the [necessary research](#) before settling on an assisted living facility that looks good on paper but, in reality, might not be quite what you're looking for.

Rather, make sure to look into what their [mission statement](#) is about, what their facility reports offer, and of course, don't forget to include family and friends in your search as they may be able to offer insights into suitable places you might not otherwise have been aware of before. You should also take into account the prices of a few places because you might very well find that the one you picked initially could be overpriced for what they are offering. Then, at least, you'll have somewhere else to fall back on if it turns out to be too expensive.

## Selling up

Suppose your final decision lies with choosing an assisted living facility for your relative. Then, of course, you'll have to make a decision regarding their current living situation, which might mean you have to sell their home as it is right now to free up funds to cover their long-term care. If you aren't that familiar with selling a home and getting the best asking price for it, enlisting the assistance of a [realtor](#) could help you a great deal with getting the sales process started.

In summary, taking care of a loved one who is visibly struggling with daily life may be heartrending to do. It can be even more challenging if you need to hand over some of this responsibility to someone else because you feel helpless that you can no longer [be there](#) for them in the way that they need. In this instance, asking for help may be the best thing you can do. And, in fact, may turn out to be the best solution you could have ever hoped for.

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