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## Tips for Helping Your Parents When One Needs to Move to a Nursing Home

Determining that a parent has to live in a nursing home isn't easy. It's even harder when you realize your other parent, their spouse, doesn't need care. Not only do you have to find the place that's right for the parent who needs care, but you also have to help the other parent adjust to life without their spouse.

You can do several things when you need to work out this situation for your parents. Consider these tips so you can do your best to help both your parents through this transition.

***The [Sandpoint Area Seniors](#) is dedicated to helping Bonner County seniors avoid food insecurity and social isolation. Learn more about [how you can help](#).***

### Find the Right Care

Finding a nursing home that can meet your parent's needs may be challenging. You have to discuss the [levels of care available](#) at the facilities you're considering. If your parent needs special services, such as memory care or incontinence care, ask how those are handled at each prospective nursing home.

The parent who remains home is likely to want to visit their spouse, so consider the distance from their home to the nursing facility. Helping to ensure they can still see each other often can help them both as they adjust to this situation.

Remember to be patient during this time; emotions can run high, so remain calm when things get heated. Also, pay attention to your body language when you're discussing long-term care; the way you fold your arms, for example, can be seen as uncaring. This is a very difficult time for all involved, so do what you can to make these talks a little easier.

## Check the Financial Situation

The parent who remains at home may want to sell the home to free up some cash and downsize to a place they can care for more easily. You have to calculate the [value of the assets they hold](#), so they can determine the amount of money available to help pay for the nursing home. If they need to rely on Medicaid to help them afford nursing home care, asset limits apply. An important bit of information about your parents' assets is the equity in the home. To calculate this, take the current market value of the home and subtract the amount still owed on the mortgage. You should also research the [real estate market in their area](#) to get an idea how much you can sell their home for.

You can also help your parent determine a budget for the future. This is a big change from their current budget because they have to cover nursing home costs in addition to paying for the expenses for their home. Fortunately, there are [plenty of budgeting apps](#) that can help you and your parent put together an easy-to-understand household budget.

## Sell Their Business

If you're looking to sell your parent's business, there are a few things you'll need to take into account. First, you'll need to [determine the value of the business](#). This can be done by taking into account the assets of the business, as well as any goodwill that may be associated with it. Once you have a good idea of the value of the business, you'll need to find a buyer who is willing to pay that price. You may want to consider hiring a broker to help you with this process. Finally, once you've found a buyer and negotiated a sales price, you'll need to complete all the necessary paperwork to transfer ownership of the business.

## Help the Parent Remaining at Home

Your parents still need help to situate everything as they make these transitions. Hiring movers to transport belongings to the nursing home can take some of the stress off your parents. Movers are also helpful if one parent is downsizing and moving to a new home.

[When you're looking for movers](#), check their reviews online, and try to hire a top-rated local company. This helps ensure your parents' belongings get to their destination while minimizing the possibility of loss, theft, or breakage along the way.

## Get Your Parent the Necessary Help

Finding the proper care for your parent and ensuring they can have the care they deserve are imperative. This means looking over the finances, possibly selling their home and business, determining the best facility for them, and taking care of the parent who doesn't need care.