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## Compassionate Tips for When Only One Parent Needs a Nursing Home

Around [1.6 million American seniors](#) currently live in 17,000 nursing homes throughout the nation. Unfortunately, it's not uncommon for only one parent to require nursing home care while the other can still live independently to some degree. When this happens, it can be an emotionally overwhelming process for everyone. However, you can make the process easier for both parents.

### Find the Right Nursing Home

While the right nursing home will provide quality care and unrivaled compassion, not all skilled nursing facilities are created equally. [One data review](#) found 15.7% of nursing home residents reported physical, emotional, or psychological abuse in the previous year. There are a few ways you can help find a nursing home where your parent will be taken care of and safe.

Start by researching facilities in your chosen area. Then, read online reviews from no less than three websites: A Place For Mom, [Senior Advisor](#), and [Caring.com](#) are good places to start. In addition, check out your state's licensing page; the vast majority of states hold detailed records of complaints against nursing homes. Then, schedule a guided tour of

nursing homes that meet your standards. While COVID-19 rules currently restrict this, you can often show up unannounced later to see how it looks when they aren't expecting you.

### **Help the Other Parent Downsize**

[Going through](#) a lifetime of belongings will be hard on your parent. Be there for them during the process for physical and emotional support. Physical support could include helping them move, pack, and decorate their new space. Emotional support could mean listening to them, helping them get counseling (if necessary), and simply spending quality time with them.

Consider independent living communities near you or your siblings when looking for a new community. These often include [independent apartments](#) and homes that are within a senior living community. You want them to go where they're most comfortable.

### **Hire Professional Movers**

Professional movers can make transferring your loved one's belongings to their new community much more manageable. It also allows you to focus on other important things, like providing emotional support to both parents. Before hiring a moving company, search online for "[furniture movers near me](#)" and read several reviews. Movers with positive ratings and written reviews are more likely to provide a positive experience.

### **Be Available During This Transition**

The most important thing you can do when one parent needs nursing home care is to be available. Help your one parent settle into their new nursing home and make regular visits so they don't feel alone. Help your other parent by making a point to include them in plans and letting them know you're available to talk whenever they need you.

### **Help Both Parents When Only One Needs a Nursing Home**

These compassionate tips can help you make the transition easier for both parents when only one needs nursing home care. Consider getting involved with the [Age-Friendly Englewood Project](#), which helps New Jersey seniors age in their homes longer.