





Q2 2021

Aging New Yorkers choose VNSNY for help at home.
VNSNY Elder Care >

 [Donate](#) [Volunteer](#) [Help](#) [Member Benefits](#)
AARP Rewards: 76,580 POINTS
Hi, Marissa 


BRANDAMP BY AARP [What's This?](#) PAID CONTENT BY  Visiting Nurse Service of New York

## Will You Be Able To Stay in Your Home as You Get Older?

How to get set up for long-term safety and security  
by VNSNY (Paid Content)




PHOTO CREDIT: VNSNY

Take a look around your home. Notice the pencil marks on the door recording your grandchildren's heights, the heirloom furnishings that bring joy to your décor, the familiar sights and sounds outside your windows. Chances are, you want to remain in your home, surrounded by these keepsakes and memories, for as long as possible.

If so, it's not too soon to start thinking about whether or not your home is well-suited for aging in place. If it's not, what can you do to ensure your comfort and safety in the years to come?

Here are three things you can start doing now to create the home for your future.

### 1. Clear the clutter

Make your rooms easier to navigate by clearing out the clutter that has gradually piled up over the years. Your home may need wide, clear pathways that can accommodate walkers or possibly wheelchairs. You'll also want to clear cabinets and closets, and consolidate the items you really need and use often in accessible, easy-to-reach places.

The earlier you begin to purge your excess furniture and belongings, the less overwhelming the process will be. Start with a small area or room – the junk drawer, linen closet, or guest room. Build momentum as you create a system. Divide items into categories: donate, trash, or give away. If you're storing the possessions of other family members, now's the time for them to retrieve their things.




PHOTO CREDIT: VNSNY

### 2. Get connected

Your social life now might be filled with volunteer work, gatherings at your house of worship, and regular family game nights. It's important to have transportation options to maintain your community ties. Fortunately, public transit is becoming increasingly accessible for people who have difficulty climbing stairs or use a mobility assistance device.

Programs in your area might offer a carpool or shuttle service. Learning how to use a ride-sharing service like Uber or Lyft can help you keep the social calendar you've built over the years.

You can also start learning the technology that helps people stay connected from afar, like Zoom or FaceTime. Ask a friend or family member to help you test out different video-conferencing options available through tablets, phones, or computers to see which you prefer. You can practice by connecting with your grandchildren or younger family members over games they enjoy playing online.




PHOTO CREDIT: VNSNY

### 3. Plan for care and in-home help

When the time comes, you can benefit from in-home care providers who can offer everything from personal care and help with meal preparation, to assistance getting to and from doctors' appointments – in addition to health care following hospitalization and managing chronic health conditions. Organizations like VNSNY, Visiting Nurse Service of New York, has a full spectrum of services for people who want to age in place.

Start by researching the type of aid you might need. Then interview qualified companies to determine the best fit for you. That way, you're prepared when you decide you're ready for in-

**Click here to learn more about all the in-home care services that VNSNY can provide.**

**New Yorkers' first choice for health care at home is VNSNY.**





PHOTO CREDIT: VNSNY

[Learn More >](#)

**See Your Member Benefits** 

**Get the Most From Your Membership**

- Hundreds of discounts, programs and services
- Subscription to "AARP The Magazine"
- Free membership for your spouse or partner

[VIEW BENEFITS](#)

[Get Card](#)
[Edit Info](#)
[Update Interests](#)

**New Yorkers' first choice for health care at home is VNSNY.**




PHOTO CREDIT: VNSNY

[VNSNY Health Care at Home >](#)

advertise.aarp.org/brandamp/showcase/VNSNY

AARP MEDIA SOLUTIONS

1