



Mobility at Home: A Guide to Upgrading or Buying an Accessible Home

Are you living with limited mobility? You are not alone, especially if you are an older adult. The [recent Census figures](#) suggest that mobility is the most common form of disability for seniors and older adults. For these millions of Americans, feeling safe and comfortable at home isn't always easy. But with accessibility modifications to their home, or mobility features in a new home, feeling at home doesn't have to be stressful. Here are some helpful tips for making sure your home meets your mobility needs:

Decide What to Work On

If you want to make accessibility upgrades in an existing home, start by figuring out what needs to be modified. With mobility needs in mind, it makes sense to begin by limiting the risk for falls. [Falls hospitalize millions](#) of Americans each year, and can even lead to permanent injuries. You will want to think about upgrading your bathroom, with features including a walk-in shower and grab bars to prevent falls from happening while bathing.

If you [use a wheelchair](#), it can also be helpful to have your doorways widened, kitchen counters lowered and a ramp installed in any areas that typically require the use of steps or stairs and bathroom modifications. Elevators and chair lifts can be helpful for those living in homes with multiple floors.

Estimate Upgrade Costs

The cost of accessibility home modifications can really add up, depending on your needs, but these upgrades will make your life easier. You also may be able to find funding to help cover changes needed around your home, through grants and special loans. Add up the estimated costs of the modifications you think you will need room-by-room.

One cost you should consider when accessing these modifications is whether you intend to work from home. If so, you'll need to make sure you have everything necessary for your office. In addition to [accessible furniture](#), you'll need [basic office supplies](#) and a computer that can help you get the job done. Fortunately, you can often find office supplies on the cheap, though you'll need to keep your eyes peeled for [special offers](#) and discounts on computers.

Research Homes and Prices With Minimal Effort

For those living with a disability or limited mobility, finding an accessible home [can be a challenge](#). There are some resources online, such as search filters and specialized websites, if you have some time to look around. But if you want to find a perfect home with features that fit your lifestyle, [you should work with](#) a local, licensed realtor. Real estate sites will often list homes as being accessible, without listing what they are. However, a realtor will know exactly what features are available in homes in your area, what prices look like and will be able to guide you through your home purchase process step-by-step.

Prepare Your Budget and Finance Options

When it comes to buying a new home, you can never be too prepared with your budget and finances. First, you will need to figure out how much home you can afford. [Use a mortgage calculator](#) to see what kind of monthly payment you can manage, and then create a home buying budget accordingly. You may also need to calculate a [down payment](#) and make room for additional modification you may need to make to your new home. It can be difficult to find a home that fits your needs as is, so it's smart to prepare yourself and your finances for additional upgrades.

Make Your Move

As soon as you know you will be [relocating](#) to a new home, you should begin preparing for your move. Many people with limited mobility find it helpful to [hire professional movers](#) to help them pack and move their belongings from one home to another. It's important to schedule movers sooner, rather than later, especially during peak moving seasons such as summer. Moving companies can securely pack your boxes, transport them and move large, heavy items that you may not be able to safely carry alone.

Creating a safe, comfortable living environment is essential for those with limited mobility. Whether you choose to modify your own home, or make the move to a new one, you should take the steps necessary to help you feel more at home.

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