

Protocols for Nursing Home Visits

For anyone with parents or loved ones living in a long-term care facility, the months of separation because of Covid-19 lockdowns has made the stay-at-home orders doubly painful.

You not only miss your loved ones but also worry about their physical and mental well-being and the toll so many months of isolation has taken.

And though you want to visit – some states are now allowing in-person get-togethers – it's natural to be concerned about your health and that of long-term care residents.

As such facilities begin to open for in-person visits again, it's important to understand the facility's protocols and how you and your loved one will be kept safe.

AARP offers some key questions everyone should ask before planning a visit, including:

- What is the nursing home doing to help make it safe for visitors to come back?
- What protection and social-distancing measures are in place?
- Are you doing everything possible to minimize risks to residents?
- Will visits be restricted by time and place?
- What kind of health checks will be required for visitors?

To check whether your state has resumed in-person visits to nursing homes, see <https://bit.ly/30JAiKL>. In some, including Arizona, Florida, and Texas, visits are forbidden, unless there are unique circumstances like end-of-life situations.

Ohio nursing homes are opening for outdoor visits, and facilities in other states are reopening with specific restrictions in place. Those include things like outdoor visits, scheduled visits during specific hours, and limits on how many people can see a given resident at a time.



Markets Recovering, Says NAR Survey

Especially if you were poised to sell your home before the pandemic, one gnawing question likely has been what impact Covid-19 would have on the real estate market.

The National Association of REALTORS® looked at this issue by polling members in late June.

Its 2020 Market Recovery Survey shows that markets are recovering, with 45% of respondents saying that their market is slowly entering recovery and 28% saying their marketing is hotter than normal.

And if you are selling a home, the good news is that buyers are returning. In fact, 9% of respondents to the NAR survey said that all their buyers have returned and 18% said that their buyers never left.

In rural areas and small towns, 33% said their market is hotter than normal, though 40% said the market is slowly entering recovery.

In urban areas, 49% said the market is slowly entering recovery, 17% reported that it is back to normal and 23% reported that their market is hotter than normal.

Here is a breakdown of what is happening.

	Small town/Rural	Urban area	Suburban area
No buyers paused, continued to work with buyers	23%	17%	17%
No buyers have returned	5%	11%	9%
Less than 25%	19%	21%	20%
25%-50%	22%	25%	21%
51%-99%	21%	17%	24%
100% of buyers returned	9%	9%	10%

The survey also includes information about buyers' timelines, home features important in a new home, and the importance of technology.

For example, if you are buying or selling in the next year, expect to see real estate practitioners rely on technology more. Sixty-seven percent of respondents expect the demand for Zoom and other video technologies for client communications to increase. Increased demand for other technologies also is expected to rise, and those include virtual tours (66%), live virtual tours (63% conducted by an aging using video), and virtual open houses (60%).

See more results from the survey on the SRES blog, and read the complete survey at (<https://bit.ly/32ICQGB>).



3 Strategies for Living Longer in Your Home



1. Walk Your Way to Health

All types of physical activity deliver health benefits. For seniors, a daily walking routine is often the best option. Harvard Medical School cites various studies that have confirmed that walking counteracts the effects of weight-promoting genes, reduces cravings for sweets, eases joint pain, and boosts immune function.

Achieving these benefits may require only 20 minutes of walking a day, five days a week. To gain even more from your walks, take them outdoors, with or without a friend. These short bursts of activity can improve your mental outlook in addition to your physical health.

2. Embrace One-Floor Living

Talk to a universal design specialist to learn how to prepare your home so you can age gracefully. You may need to make significant renovations, or your home may only require a few small changes to accommodate one-floor living.

If your house doesn't lend itself to a first-floor bedroom, can't accommodate assistive equipment in the shower, or requires more renovations than you're willing to make, consider moving to a different home.

It will be easier to change your address now than to wait until health issues dictate a move. You'll have more time to make decorating decisions and get settled in, so the new house becomes "home" to you and your family.

3. Get Comfortable With Technology

Technology is rapidly changing many aspects of life, from opening up new ways to receive medical care, new options for staying in touch with family and friends, and new ways to manage tasks around the home.

If you aren't already familiar with tablets or smartphones, take a class at your local library or community center, and learn the basics. You'll be pleasantly surprised by all the benefits these devices can offer.

Robots and smart homes will play a significant role in independent living. Soon, you'll be able to control your entire home, from opening windows and unlocking doors to changing the thermostat and ordering delivered meals—all with your voice!

All three of these dimensions— personal health, physical environment, and the ability to use technology— play vital roles in remaining independent and aging in place as long as possible.

Count on an SRES® to guide you through the process of buying or selling your home, making the transaction less stressful and more successful.

The Seniors Real Estate Specialist® (SRES®) designation is awarded by the SRES® Council, a subsidiary of the National Association of REALTORS® (NAR).

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