

# Best Flooring For Seniors

**W**hen you are seeking out the best flooring options for seniors, the two main factors you should consider are ease of maintenance and safety.

Depending on the stage of life and physical restrictions of your senior, one factor may be more important to you than the other. Here are various flooring options that could be a good fit for the elderly.

Carpet is a great option because of its non-slip surface and insulating properties. But there are two main drawbacks. First, it is harder to clean than some of the other options available, especially when vacuuming may be limited. Carpet tends to trap dirt and dust particles when not properly maintained. This can cause poor air quality, which can have a noticeable impact on senior citizens with respiratory illness.

Vinyl is by far the easiest flooring option to clean and maintain. Stains and water damage are virtually a non-concern. Sweeping on a regular basis is all that is required. Walkers or canes seem to have better reliability on vinyl too. An issue with vinyl is that it is not going to be a soft landing if tripping is a concern. Adding rugs may provide comfort but creates an additional hazard with mobility issues.

Hardwood or laminate flooring is a very popular flooring choice of many. It is durable, so it will be tough enough to withstand the pressure of a walker. However, since hardwood is very hard, it will provide no cushioning in the event of a fall. Hardwood or certain laminate flooring options can also be problematic with moisture issues. New developments in laminate do offer better durability and moisture protection.

Options like cork or bamboo are an exceptional flooring option for senior citizens as it is easy to clean and is a soft surface that will limit bodily harm in the event of a fall, limiting the likelihood of slips and trips due to its naturally non-slip surface. An effective insulator, cork/bamboo can also help cut heating and cooling costs. The drawback? Cork and bamboo are pricey and highly susceptible to water damage and should be kept as dry as possible.

Ceramic tile is easy to clean and take care of. If you choose small tiles, the texture can help protect against slips and falls. Beware however: Ceramic

tile is cold, hard, and unforgiving in the event of a fall and relatively slippery when it is wet, making it a poorer choice for seniors.

Choosing the correct flooring is essential to creating a safe and easy to manage environment for the elderly. Discuss which options are the preference of your senior and then see a flooring specialist at Carpet World in Fargo for more information and options.

*Article submitted by Mike Ray, Carpet World Of Fargo*



*Does your home office  
need a little work?*



We Put the World at Your Feet

CARPET | VINYL  
HARDWOOD  
CERAMIC TILE  
LAMINATE

carpetworldfargo.com  
(701) 235-7525



4601 17th Ave S.  
Fargo

Free In-Home Estimate  
Full Installation Service