

Setting the Stage for Holiday Care

Ready...

Set...

ACTION!



Navigating this time of year with an older loved one can be difficult for family caregivers.
Consider these tips to help caregivers set the stage for a magical time for everyone!



Ensure their environment is safe.

Pick up throw rugs and decorations that can create a tripping hazard. If you can't remediate them, be sure that your loved one has assistance when moving about the area.

Pamper them.

Schedule a spa day, paint their nails, arrange an appointment with a hair stylist, do their makeup, and pull out their favorite fancy attire.

Keep your loved one involved.

Let them hear the laughs and be included in whatever way they are capable.

Revive family traditions.

Plan to incorporate things you remember doing with your loved one while you were growing up or their own childhood traditions.

Enlist the help of a professional caregiver.

A professional home caregiver can be the helpful, watchful eye you need to enjoy your time with peace of mind.



Expect only happy emotions.

The holidays can be an emotional time. Allow seniors to be sad, grieve, or need space. Encourage them to share stories as a way to honor and remember loved ones.

Make decisions for them.

Instead of directing their days or having specific expectations of your loved one, take the holiday at their pace.

Expect them to remember everything.

If your loved one has cognitive or memory changes, avoid quizzing them on specific dates, people's names, or events. Use music and familiar smells to create a relaxed and positive environment.

Force things.

Be patient, meet them where they are, which means not forcing them into large family gatherings or busy holiday plans if they are not interested or easily overwhelmed.

Expect things to be perfect.

Adjust your expectations and try to let go of how things used to be. Enjoy the moment and the person they are now.

The greatest gift of the season is peace.

Call today and find peace of mind knowing your loved one is in good hands with us!



Pinellas County
HHA# 299992282
727-447-5845

Hillsborough County
HHA# 299994823
813-333-5020