

Making the Most of Family Visits during the Holidays



If you have family coming to visit this holiday season, you may be feeling both excited and concerned: excited about brightening your loved one's life with family gatherings and holiday events, and concerned that your loved one may become tired or anxious with the extra activity.

It is wise to think about factors that could add stress and undermine your and your loved one's enjoyment.

These tips can help ensure fond memories of the season.

- **Set expectations.** Update visiting family members about changes in your loved one's health. Avoid awkward moments by having them adjust their expectations in advance.
- **Maintain routine.** You've created useful routines for caring for your family member. Don't give them up! Instead, make your regular schedule known and ask others to plan around it. Your loved one will fare better with this stability.
- **Plan simple activities.** Keep it low key and flexible. Although togetherness sounds good, your loved one may do better with short visits with one or two people at a time. Ensure that the day's pace allows for naps and other moments of calm.
- **Provide tips.** Especially where memory loss or dementia is involved, provide visiting family members with ideas on how to respond to behaviors such as confusion, repetitive questioning, or difficulty identifying individuals.
- **Take a break.** This is your holiday, too! If your loved one needs ongoing care, ask another family member to take over for a bit. Or, hire someone to help throughout the holiday seasons. Four Seasons Home Care is available for as little as 1 hour a day up to 24 hour care and helps with life's daily routines. Four Seasons Elizabeth House also offers up to 5 days of Respite Care (contact us for more information).



The Care You Trust

Four Seasons is here to support you during the holidays. Contact us and request care today.

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