

Caregiving Over the Holidays!— 10 Suggestions from the Central Ohio Area Agency on Aging

1. SIMPLIFY & MODIFY TRADITIONS—Do Not Cancel Them All Together. You May Need To Creatively Think About Ways To Modify What You Have Always Done.

2. What Activities Help You With Stress?—DO THEM MORE OFTEN!!—You Have Permission...

- Play Music That Gives You Energy
- Exercise—What Makes You Move?
- Read A Good Book
- Watch A Movie You Enjoy
- Eat Comfort Foods

3. KEEP TO YOUR DAILY SLEEPING AND EATING ROUTINES as much as possible. Remember that our bodies crave familiarity, rest and nourishment.

4. RECONNECT with Family and Friends—using technology when face-to-face contact is not possible...IPads, Facetime, phones, email....

6. TAKE ADVANTAGE OF HOLIDAY CARDS TO UPDATE family and friends about your situation. This can be a non-threatening way to inform distant or uninvolved relatives of realities of the situation.

5. KEEP YOUR EXPECTATIONS **REALISTIC** FOR YOUR CURRENT SITUATION.

- Watch Crowds, Noise, & Energy Levels. Slow Down.
- Try Not To Argue Or Correct People.
- Kindly Yet Clearly Communicate Your Expectations To Others.

**7. DO BOTH!!!--
REMINISCENCE (REMEMBER) &
MAKE NEW MEMORIES**

- Do activities which allow you to remember the pleasant memories of the past. Look at Photos, watch home movies, share memories.
- Do activities which allow you to make memories now & for the future.

**8. Ask For Useful Gifts
From Family & Friends**

- Frozen Prepared Foods
- An IOU For Caregiving That Offers You Respite Time
- A Trip To The Beauty Or Barber Shop For Your Care Receiver
- An Offer To Run Specific Errands.
- Stamps
- Gift Cards To Grocery Store, Gas Or Other Providers You Use.

**9. TALK TO FAMILY AND FRIENDS
BEFORE they arrive. If the person you care**

for is confused, has trouble eating or has any behaviors that guests might not understand, explain the circumstances to them and tell them how to best approach the situation.

**10. Remember HALTS--
Try Not To Get Too:**

- Hungry
- Angry
- Lonely
- Tired
- Scared

During This Holiday Season!!!

**Wishing You A Very
Pleasant Holiday
Season!! Contact
Us At The Central
Ohio Area Agency
On Aging
www.coaaa.org Or
614-645-7250 Or
1-800-589-7277**