

HOLIDAYS + COVID + FAMILY = HELP!!

Tips to reduce holiday stress for caregivers.

- Start the conversation about holiday plans and concerns, as soon as possible. Be open and honest with your feelings.
- Not sure what to say? Try starting with: "Let's discuss the holidays this year. We are a close family and want to keep everyone safe..."
- If your loved one is in a senior living facility, call ahead for current restrictions on holiday visits. Consider their holiday plans or activities for residents as well, to avoid scheduling conflicts for your loved one.
- Gathering on Zoom or similar platforms is a great way to stay connected with loved ones and reduce stress.
- Host a practice call before the holidays to make sure everyone is comfortable with the technology. Stagger times with different family members to keep the group small.
- Brainstorm solutions with friends and family Stress is easier to handle when you have the support and encouragement from your network.