



## Sharing the Holidays with Your Senior, *by*

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Holidays are a time for families to come together, connect, and enjoy one another. To make the most of your celebrations with the older adults in your family, consider the following tips:

- **Create a Safe & Comfortable Space:** Be sure to check for and remove trip hazards around your home like small rugs. Assist seniors going up and down stairs. Offer a sturdy chair rather than the couch that your family loves to sink into...often it is hard for seniors to stand up once they sit. Reduce background noise, such as music, to help them hear and concentrate on the conversation.
- **Slow Down & Be Patient:** Older adults move slower; they even eat slower. Be sure they have plenty of time to get where they need to go and time to rest. Coach the younger folks in the family to be patient and to know that sometimes older adults repeat themselves.
- **Eat & Be Merry, But Leave out the “Drink”:** Remember that seniors often take medicines that make them particularly susceptible to the effects of alcohol.
- **Share Stories:** Even older adults with short-term memory issues are able to engage around their memories of holidays. Ask them to tell the family about holidays when they were a child. Who participated? What were the family traditions? How many of those traditions have been carried on?
- **Reach Out:** If you won't be able to share the holidays with the senior in your family, remember to call them. If they are in a senior residential facility, find out what holiday activities are happening and encourage them to attend. Help them identify others they can connect to, so that they feel less lonely and isolated.