



FEATURE ARTICLE FROM Always Best Care

Going Home for the Holidays to Celebrate with Aging Parents

The holiday season is upon us, and it's traditionally a time for travel, celebration, and family. It can be exciting for seniors to spend time with family members they may not have the opportunity to see very often. Going home for the holidays can also be a chance for you to check in on your aging parent and ensure that they're doing well and have the support they need.

Here are a few ways to make the most of your trip back home:

Keep your loved one involved. Whether your aging parent has some mobility issues or is dealing with [Alzheimer's disease](#) or dementia, it is still nice to feel a part of things. Make modifications so that they can partake in activities as well, whether you're cooking, baking, decorating, or playing games.

Create a healthy meal. Take into consideration any special dietary considerations, such as low sodium or only being able to eat soft foods. Plan a meal that is full of flavor, provides balanced nutrition, and doesn't exclude your senior from enjoying the same dishes as other guests. Leaving them with healthy leftovers also gives them something to enjoy with little prep work once the holidays are over and family has returned to their own homes.

Carry out family traditions or start new ones. Is there one aspect of the holidays that your loved one has always enjoyed such as going around the table giving thanks or making a special dessert? Keep the tradition going to give them a continued sense of routine and stability. Or, if the holidays are more difficult after a family member's passing, start a new tradition to honor them and initiate a positive distraction.

Observe your senior at home. Evaluate how well they are able to navigate around their home and care for themselves. Are they showing signs of depression or dementia? Are they having trouble keeping up with housekeeping or mail? This can be a good time to consider [in-home care](#) so that they can continue age in place more safely and comfortably. Caregivers can provide a level of service to meet your loved one's needs, whether it's a few hours a week or a couple of hours a day, and be a source of companionship and assistance with daily activities.

Be in the present. Most importantly, enjoy the time you are able to spend together. Put work and other distractions to the side for a while and focus on spending quality time with your aging parent. Reminisce about the past, watch a favorite movie together, share delicious treats, and appreciate how much they mean to you. Make it a point to coordinate regular phone calls or visits to keep in touch and see how they are doing, especially if you don't live nearby. Celebrate all that the holidays have to offer and time spent with family and friends. If you are concerned about your loved one's well-being and their ability to meet all of their needs living alone, contact [Always Best Care](#) Senior Services to find out how we can help. Call 1 (855) 470-

CARE (2273) to learn more about the benefits of in-home care and how you can customize services to align with your loved one's individual needs. Give yourself peace of mind this holiday season by knowing they have the support they need when you're una