



FEATURE ARTICLE FROM Always Best Care

Spring Activities to Do with Aging Parents

As winter fades away, there are more opportunities to get out and about. Busy schedules and bad weather may have kept you from spending as much time with your aging parents as you had hoped, but now you can get back into the swing of things. Regular visits can be a great way to strengthen your relationship, create wonderful memories, and enjoy each other's company.

As the weather warms up, it can be fun to **go for a walk** around their neighborhood or a local park. Being out in the sun can boost their mood, provide some much need vitamin D, and offer a gentle form of exercise. You can walk as quickly or as slowly as they are able. Take time to observe how things have changed and look for signs of new life such as buds emerging on the trees. It's also a wonderful opportunity to chat and [check in on how they're doing](#).

Another idea is to **visit a local farmers market**. Stock up on fresh produce, herbs, plants, and other items. Your loved one can pick out which fruits and vegetables they like best and build a healthier diet. They can also add more flavor to dishes using fresh herbs they can grow themselves, or that were recently picked. They may also be more apt to try new things when they see everything that is available and have a hand in selecting what they like.

If you're looking for a fun spring craft, try **making birdfeeders** together. You can buy a kit or use materials you have at home such as an old milk carton or pinecones and peanut butter. Not only will you enjoy the time spent together making them, you can then watch the birds enjoy too.

While you're cleaning up, you can take the opportunity to **start spring cleaning**. Get rid of any odds and ends that may have piled up over the winter, and wipe away the coating of dust that may have accumulated. You can also slowly [start getting rid of things](#) they no longer need or use to reduce clutter.

Spring is also a fabulous time to **enjoy local attractions** and **play with grandkids**. Toss a ball back and forth, go to a spring festival or flower show, visit the park, draw with chalk, bake cookies, or spend time at a kids' museum. The opportunities are endless, and it's a great chance for grandkids to connect with their grandparents and make memories together.

If you're not sure what to do together, ask what they might enjoy. Perhaps there are places they've wanted to visit or activities they've wanted to try. Explore together and have fun along the way.

While you're visiting, don't forget to check in and see how your elderly parent is faring and if they may need more help. Are they having more trouble staying organized or navigating around their home? Is making meals or remembering to pick up the mail more challenging? Or could they just use some company and someone to help out now and then with daily tasks? An in-home caregiver from [Always Best Care](#) can provide the individualized care they need when they need it. When you can't be there, make sure someone is. Learn more about how Always Best Care can support your aging parent as they age in place by calling (855) 470-2273 today to schedule a free consultation.