

What are YOU Thankful For?



MAKING THE MOST OF THE HOLIDAY WITH YOUR FAMILY

Holiday season is upon us, with all that it brings with it, from celebrating with family and friends to stress and even loneliness and depression for some. It can be an especially hard time for those who have lost loved ones or are facing losses of their own, in health or independence. Here are some tips for families during the holiday season:

- Acknowledge losses and talk about memories of loved ones.
- Consider ways to include older relatives in festivities or modify them to work for someone who may have more difficulty getting around.
- Bring a small celebration to his/her Assisted Living Facility (perhaps enjoy the facility's holiday meal together but bring a special family side dish or pie)
- Simplify routines and modify traditions to reduce stress and better accommodate today's reality. Figure out how to continue traditions but perhaps in slightly new ways.
- Be conscious of potential difficulties with an event or holiday plans for someone with physical or other limitations. Will your friend with memory problems be overwhelmed and anxious at the large holiday party?

If you are concerned about the well being of yourself or a loved one, Please give us a call today. We are here to help and our service is free to you and your family.

412.257.2515



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