



The Holidays and Eldercare

December 2022

Senior Management Services

The holiday season – stretching from Thanksgiving to Christmas, Hanukkah and the New Year – can represent great joy and anticipation. The holidays are often a time of tradition, for gathering together family and friends. For some individuals, and for seniors in particular, the holidays may remind them of losses in their lives instead. Perhaps the loss of a loved one, the loss of their health or of other aspects of their life they held dear.

One of the most important ways to help a loved one experiencing some sadness during the holidays is to listen well. They may need to reminisce about happy times or loved ones who are gone. Offering them the chance to share may also uncover areas of stress during this season that can be improved upon or eliminated. For example, are they feeling overwhelmed by shopping for gifts or mailing cards? Perhaps your family can draw names for gift giving this year, or a family member can help address and mail cards. Identify and validate possible areas of stress and work together to create a solution.

Help your loved one plan ahead during the season to ensure that they have plenty of positive social engagements to enjoy. Schedule family meals, entertainment, community events and other special gatherings so that your loved one remains connected to community. Aging can sometimes require long-standing traditions to be altered, such as a shift in hosting of family gatherings, for example. Ensure that your loved one feels part of the planning of these decisions as well.

If you need support as a caregiver, we encourage you to reach out to Quest EAP. Because of your Eldercare Information and Referral Benefit, you can contact Senior Management Services, knowing that they will do their very best to respond to your caregiving needs and questions promptly and supportively.

Quest Employee Assistance Program and Senior Management Services wishes you and your family a joyous and healthy holiday season!

For additional information about Eldercare, please contact Quest at 1-800-364-6352.

Getting Help with the Holiday Blues, Care.com
<https://www.care.com/c/stories/5707/getting-help-with-the-holiday-blues/>

The Guide to Overcoming Holiday Depression for the Elderly and Their Caretakers, American Medical Resource Institute
<https://www.aclsonline.us/articles/the-guide-to-overcoming-holiday-depression-for-the-elderly-and-their-caretakers/>