



Caregiver Stress-Holiday Edition

December 2023

Senior Management Services

Rarely do we share personal experiences in these articles, but those personal connections we make as caregivers can sometimes be the most impactful to us as we navigate this labyrinth of caring for the older loved ones in our life. So in light of that, I'm going to share a personal moment here. I am in the midst of some big caregiver stress! Can you relate? Are you negotiating caring for a loved one (either hands on, coordinating care, or just worried about your loved one) and the busyness of the holiday season? Do you feel like there are not enough hours in a day? Would you like to lay your head on your pillow at night and actually be able to sleep soundly without worry? If you've answered yes to any/all of these questions, you and I are on the same page.

Keep reading. The commiserating is just the beginning of this article! I have some ideas for us and tips to share-to remind me AND to encourage you as you are working out all the details you have on your plate as a caregiver.

Dailycaring.com just put out an article giving 3 ways to reduce stress for caregivers during this time of year:

1. Give yourself permission to do less
2. Know that you are not responsible for your seniors' mood
3. Arrange caregiving help early

These tips, and many others you can find by just a quick Google search, resonate with me. Sometimes the items on our to-do list can actually be on our to-don't list. What do I mean by that? Well, often we may think we need to bake 7 different types of cookies because that's what we've ALWAYS done, or we must dig out all the holiday decorations. However, this year it may be time to push those things off or better yet, delegate them to someone eager to help. We may also be worried that our loved one is not as excited about the holidays as usual. This is not your fault. Some years, this time of year is harder emotionally or in the case of a dementia diagnosis, may even be difficult for your loved one to understand what is happening. And lastly, getting help early for those caregiving tasks can be paramount to being able to enjoy time with your loved one. Lining up personal care can get difficult closer to the holidays, so start booking those dates now.

If any of these tips resonate with you, and you need to talk with someone or get some information about accessing resources, that's what we are here for! Implement some of these suggestions for less stress this holiday season. Happy Holidays to you and yours!

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

3 Ways to Reduce Caregiver Holiday Stress and Enjoy the Season <http://dailycaring.com/3-ways-to-reduce-caregiver-holiday-stress-and-enjoy-the-season/>