



Are You a Family Caregiver?

Help for Working Caregivers[®] is a benefit to help support employees struggling with eldercare responsibilities and work/life balance. This benefit is not only to support those in the throes of caregiving, but has many resources and tools to help employees be pro-active in planning for the future needs of an aging loved one.

Holiday Topics and Tips

Family traditions, hosting get-togethers, cooking large meals, shopping for gifts and out of town guests accompany the holiday season. Add that to the top of a family caregiver's daily routine and this time of year can bring on additional stress for family caregivers and those living with Alzheimer's or another form of dementia.

How to manage caregiving during the holidays and ask for help

- Be flexible
- Take care of yourself
- Communicate your needs
- Plan ahead
- Be resourceful

Set expectations with loved ones and visitors

- Send out communication ahead of time
- Consider time of day for gathering
- Be mindful of the number of people
- Maintain a routine
- Share appreciation and support with friends and family who have helped

How to bring your loved one with Alzheimer's or dementia into the celebrations

- Recall past traditions of the person
- Celebrate in smaller groups
- Do simple activities together
- Be sensitive to emotions

Gift ideas for loved ones with Alzheimer's

- Your time is probably the best gift
- Socks with grips on the bottom
- For early stages—books, movies
- For someone with more advanced stages—think about the 5 senses: Photo albums, picture books, music they enjoy, soft blanket, essential oils/defuse

Things your loved one may not ask for

- Help with their shopping
- Wrapping and sending packages
- Help preparing for holidays, cooking, decorating
- Sending holiday greeting cards
- The gift of time

Learn more about this and other caregiving topics at

HelpForWorkingCaregivers.com

Username: creighton

Password: help2blue

Take Time for Yourself to Avoid Holiday Burnout

Adult children need to find ways to take a break from the rigors of caring for their senior loved ones and their own children before the burden becomes too overwhelming, especially during the holidays.

How to care for yourself during a busy season

- Hydration
- Exercise
- Don't be afraid to ask for help
- Be ok with "less is more"

After the holidays—avoid the holiday blues

- Stay in routine
- Plan an event to look forward to
- Share photos and memories



As Virginia Morris puts it in her book, *How to Care for Aging Parents*, it's important for you to take part in "indulgent necessities." Everyone needs some pampering occasionally, for both physical and mental health, so don't feel guilty if you treat yourself once in a while...you deserve it and you need it.

To find more topics like this, and other caregiving resources, go to [HelpForWorkingCaregivers.com](https://www.HelpForWorkingCaregivers.com)

Happy New Year!

QUESTIONS

If you have questions or need advice, please visit the [Help for Working Caregivers website](https://www.HelpForWorkingCaregivers.com) and connect with our experts.



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