



CAREGIVING

During Holidays, Ceremonies & Special Occasions

HOLIDAYS, CEREMONIES AND SPECIAL OCCASIONS provide unique opportunities for you and your loved ones to gather and reconnect with relatives and friends. These events often require more time, planning and energy, which may add stress to your duties as a caregiver.

As you prepare for these special times, it is important to incorporate strategies that minimize your chances of experiencing anger, stress and frustration. Less stress will allow you to focus more of your time on what's really important during the holidays: your loved ones! Use the tips below to help you find balance between this season's festivities and your caregiving priorities.

1

SEEK BALANCE.

It is difficult to provide your best care when you are not at your best mentally, physically, spiritually or emotionally. Aim to maximize and balance all aspects of your health each day.

2

GUARD YOUR PEACE.

Resolve conflicts before or after special occasions so that you are able to spend more time being present and enjoying the celebratory event or gathering with your loved one.

3

RECOGNIZE YOUR DESIRES & LIMITATIONS.

Set clear boundaries and limitations ahead of time. Communicate them with others so they can understand and support you.

4

KEEP YOUR LOVED ONE INVOLVED.

Be sure to involve your loved one in family and cultural rituals and traditions. If it is too much for you and your loved one to attend an event, consider hosting a phone or video call during the event to keep your loved one as connected and comfortable as possible.

5

MODIFY, SIMPLIFY & PASS THE TORCH.

Consider simplifying your traditions or allowing other relatives to take your place and carry on a tradition with the wisdom you have provided. For example, instead of hosting an elaborate dinner consider inviting guests to share a potluck meal.

6

ADAPT YOUR ENVIRONMENT.

Prepare a quiet space for you or your loved one to settle for when one of you is tired or overwhelmed. Consider preparing quiet distractions to use, such as beading, photo albums and family videos, to better facilitate you and/or your loved one's retreat.

7

MAKE MORE TIME FOR YOUR LOVED ONE IN NEED.

Set aside some time for you to reconnect with your loved one and enjoy their company outside of a caregiving context.

8

SHARE.

With the permission of your loved one, consider sharing the truths of your situation with others. A brief and respectful mention in a note, greeting card or prayer may offer others an opportunity to better understand your situation and respond, and may help minimize feelings of isolation.

9

REACH OUT & ALLOW OTHERS TO HELP YOU!

Give yourself permission to seek assistance with caring for your loved one and for yourself. Consider scheduling a consistent time for other individuals to step in and help. Remember that assistance comes in many forms, such as in childcare, household chores and errands.

10

REFLECT, APPRECIATE & CELEBRATE.

Take time to reflect and celebrate the strengths you and your loved one have developed throughout the journey. Consider thanking relatives and friends for their assistance and visits. Your positive affirmation may reduce any discomfort, and encourage them to continue.