



The Holiday Season and Your Older Relative

The holiday season is usually one of the happiest times of year, but for older relatives it can sometimes be less than joyful. Some older relatives feel especially isolated and alone during the holidays. In all of the commotion of the season, they can feel left out, reminded of the years that have passed and the people that are gone. With some thought and a little understanding, you can help your older relatives have a happier holiday season.

Here are a few tips if you are visiting older relatives during the holiday season:

- If you are going to spend time with more than one older relative, try to spread out your visits. Don't visit them all in one day.
- During your visit, plan a break for your relative. Many people need time to rest during the day.
- Give yourself a break, too! Get out of the house, especially if you have children. During an extended visit, you might try to get a babysitter, so that you can take your relative out or just spend some time alone.
- Spend some time reminiscing about the past. If you have children, encourage your relative to share stories with them.
- Enjoy the traditions of the past with your older relative and begin some new ones of your own.