



BLESSED HOLIDAYS

Custom Care Solutions
Would like to wish everyone a
Joyful Holiday Season.

And, with the holidays right around the corner, we thought some holiday caregiving tips would be helpful.



Our highly qualified caregivers are on hand to help you through the hustle and bustle, just call us!

Try these tips to help you navigate through the stress of the holidays

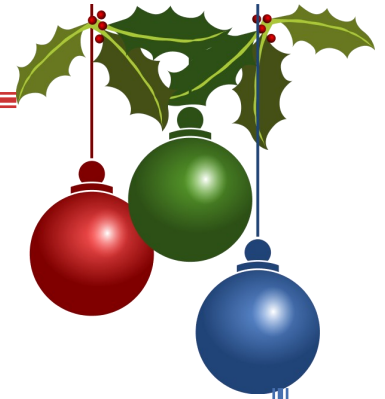
Keep it simple. Remember caring for someone is already an important part of your day. Lessen your demands that you normally place on yourself during the holidays. Yep, it could mean that some of your family members may be disappointed, but it may be the most stress-relieving decision you can make.

You need some time. Ask your spouse or a friend to give you a break every now and then. Taking a few hours off to rejuvenate and refresh your mind and body is a must. Don't feel guilty for taking some time off. Also, learn to delegate some of the chores. Most of the time people would like to help, but don't know what you want them to do. Don't be afraid to ask for help.

You can also give Custom Care Solutions a call to get some respite care. Just call the office and ask for some information. We are glad to offer short or long term solutions to your in home care needs, especially during the holiday rush.



Don't forget the music! Christmas music, classical music or whatever you consider soothing is a great way to help get you relaxed. Remember, if you are caring for a dementia patient, try not to have a lot of distractions and keep the mood calm and less disruptive.



Lights can be soothing. During the holidays there can be a lot of lights in and out of the house. These lights are fun, but too many flashing lights and distractions can make a dementia patient agitated. Instead, try soft lights resembling candlelight. Stay away from real candles to be safe. The added lights may also include added extension cords, be careful that they are safely placed.

Include your loved one in your holiday preparations. Try to focus on things that they can still do, and enjoy. It may be a simple task, like folding napkins or if they can handle the job, peeling potatoes. The main thing is that they are there with you, being a part of the excitement! It also gives them a sense of usefulness and may bring back some pleasing memories of years and holidays from long ago.

Decorations are fun, but again, can be distracting and confusing to elderly. Be careful to keep the clutter to a minimum. If there are a lot of gifts under the tree and it is taking up too much room in the living room, try keeping some in another room out of sight so it is safe to walk easily.

Schedule the day. Make sure that you get most of your activities started early so your loved one can attend and not be worn out by the time you start having fun. Start early and have a place where your patient can go and relax in quiet, should the need arise. If your loved one is a wanderer, make sure that someone keeps an eye on him/her all the time.

If you are caring for a dementia patient, consider sending your family and friends information on what to expect. This will alleviate the anxious and possible awkward feelings that family members may have.

Limit the number of guest so that your home is not overly crowded. This will make less confusion and noise which will help with the agitation factor. Try to keep your loved one as close as you can to their normal daily routine.

We hope that these suggestions are beneficial to you throughout the holidays. We understand that this may be new to your family and want you to know that we will be here for you to guide you through stressful times, if you need help, we're here.
Happy Holidays to you, all!



From Our Family to Yours,

**Have a wonderful holiday season,
Keep your family and friends close, and
Make sure they know how much you love them!**

God Bless you, all!

Custom Care Solutions