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Give a New Hampshire Senior the Gifts of Time and Love this Holiday Season

NEW HAMPTON, NH (November 24, 2014) – Holidays should be a time for enjoying time together, not for adding more responsibilities to an already packed caregiving routine. This holiday season, Live Free Home Health Care wants to make certain that New Hampshire families understand how to care for and engage frail elders in holiday activities that are suited for their abilities.

Making a few adjustments to old traditions or starting a few new traditions to accommodate an aging or frail loved one can help make the holidays special for all ages. Bringing out old holiday recipes, stringing popcorn chains while reminiscing or attending a holiday concert together are all great ideas, but should be planned for in advance. Professional caregivers can help by recognizing signs of stress or special needs for the senior that might otherwise be overlooked, curtailing accidents or emotional spills.

Here are some general ideas to include the senior in your life in holiday activities:

- Actively participate to his or her abilities in seasonal activities
- Reminisce and relive good times
- Share recipes, traditions, and memories
- Visit with family and friends

Jason Harvey, Owner of Live Free Home Health Care suggests, “Consider what specific holiday-related activities would be fun for your loved one. Explain and include them in the planning beforehand to assure that they will enjoy the activity. Seemingly trivial things like holiday scents, moving furniture around to make a place for the Christmas tree, and changing a regular routine can add to anxiety.”

Some additional suggestions from Harvey are to, “Keep a journal of holiday events and ideas in order to cut down on some of the stress and guesswork next year. Don't over-plan and keep your expectations realistic.”

Tips and activities that can include seniors:

Start simply. Holiday events needn't be elaborate or expensive affairs. In fact, sometimes it is more enjoyable to just keep the plan simple. To help prepare your family for this holiday season, Live Free Home Health Care has compiled a list of resources:

- **Facts and Misconceptions Regarding Activities for the Elderly.** The elderly sometimes miss out on family activities, or are excluded from fun events due to misconceptions about their age and abilities. The Family Fun Shop provides tips for including seniors in activities.
<http://www.familyfunshop.com/activitiesfortheelderly.htm>
- **Preparing for an Outing with a Senior.** The thought of taking an elderly person on an outing can be daunting, but with a little forward planning, it can be fun, and a welcome break for both the caregiver and the senior. Read more on preparing for an outing with a senior at this link to Elderly Care Tips.

<http://www.elderlycaretips.info/Taking%20Seniors%20In%20Your%20Care%20On%20Outings.php>

- **Intergenerational Activity Ideas for Grandparents.** Sometimes more involved and long-lasting activities can be planned and executed. This blog from a grandmother has some great ideas shared by other grandmothers on activities that span the generations.

<http://grandmaideas.com/>

Live Free Home Health Care understands the needs of the frail as well as the hectic schedules the holiday season often demands, and can help coordinate services to give a caregiver a needed break. For more tips or information, please contact Live Free Home Health Care at www.LiveFreeHomeHealthCare.com or (603) 217-0149.

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About Live Free Home Health Care:

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit www.LiveFreeHomeHealthCare.com.