



Are You a Family Caregiver?

Help for Working Caregivers is a benefit to 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.

Overcome Holiday Stress

The holidays are quickly approaching and it can be a busy and stressful time for everyone—especially when you have extra responsibilities of caring for an aging loved one. With a little planning and some positive thinking, you can find peace and joy during the holidays. With some practical tips, you can minimize the stress that accompanies the holidays:

- Be as flexible as possible
- Plan ahead and make a list of who can do what
- Decide what traditions can be let go or adapted
- Communicate your needs clearly
- Make time to enjoy your own personal traditions
- Don't abandon healthy habits—schedule exercise and keep healthy snacks on hand
- Say “yes” to offers of help

What Seniors Need During the Holidays

Does your older relative get overwhelmed during the holidays? One tip to help increase happiness without adding stress is to recognize what is important. Focus on the intangible gifts of time, tasks and celebrations. Be merry without overdoing it.

- Time – Connect the senior with other people. Enlist others to help. Call on family, friends and neighbors.
- Tasks – Assist with shopping, wrapping gifts or help with greeting cards.
- Celebration – Think about what matters during this season. Is there something the older adult values?

For more suggestions and advice for ways to put the joy back into the holidays and minimize stress, go to helpforworkingcaregivers.com

SEE ALSO
STAYING ACTIVE
ARE YOU UNDER STRESS

Learn more about this and other caregiving topics at

HelpforWorkingCaregivers.com

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Staying Active

We all know that exercise is good for the body and the mind, and research shows that it's especially true for seniors. Even those who start exercising at age 85 can experience the benefits, live longer and are more likely to remain independent.

You will find suggestions for motivating and encouraging your family member to get moving, as well as guidelines for various levels of activity and tips for preventing falls on the [Help for Working Caregivers website](#).

Are You Under Stress?

To help you determine what level of stress you may be experiencing in your role as a caregiver, a group of leading eldercare and caregiver stress experts have developed a brief survey*. To take the survey, go to helpforworkingcaregivers.com. Once completed, an assessment of your responses will give you resources to help you make your personal caregiving experience more rewarding and maintain your own health and spirits. Your answers are completely confidential and there are no right or wrong answers.



*This assessment tool has been developed by Home Instead Senior Care®. This is not a diagnostic tool, and is for informational purposes only.

If you have questions or need advice, please visit the [Help for Working Caregivers website](#) and connect with our experts.



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