



THE Complete GUIDE to

THANKSGIVING

WITH AGING PARENTS



5 things to look for when home for the holidays

1. Is the house more unkempt than usual?
2. Is the refrigerator well stocked with fresh produce and meats?
3. Are expired pill bottles mixed in with current ones?
4. Does your aging parent still do the things they used to love doing?
5. Are there dents or scratches on your aging parent's vehicle?



5 things to do when home for the holidays

1. Purchase pill tracking containers to help your aging parent keep track of medications.
2. Get to know your aging parent's local support system.
3. Talk about medical decision-making and other legal issues.
4. Help your aging parent with their annual Medicare or Managed Care paperwork.
5. Look into Geriatric Assessment services through local hospitals or check with your aging parent's doctor for a referral.

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Or Visit: <http://bit.ly/1O7NqJt>



Limiting Stress

1. Avoid large crowds of people during the holidays.
2. Cut down on noise, loud conversations, and loud music.
3. If your aging parent is suffering from memory loss, prepare your guests in advance so that they know what to expect.
4. Reach out to others for help with the meal preparation and holiday activities.
5. Make sure to stay on schedule with your aging parent's dinner and sleep routine.



Happy THANKSGIVING DAY

Resource:

<http://blog.presbyterianseniorliving.org/caring-for-aging-parents-during-the-thanksgiving-holiday>

http://www.alz.org/documents/midlandschapter/holiday_tips_for_caregivers_booklet_web-11.pdf



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