caregiver OC RESOURCE CENTER

# Holiday Guide for Family Caregivers

**The holidays are a season of joy and excitement** - an opportunity to spend extra time with family in celebration. While there are fun ways to experience the joy of this season, for many family caregivers, it can also become a stressful time of year. **This guide offers simple strategies and resources** to help you manage your caregiving role while creating meaningful holiday moments with your loved ones.

## HELPFUL ARTICLES

*These articles, and many more, are available on our website caregiveroc.org*

- Creating Meaningful Holiday Traditions for Someone with Dementia
- How can family caregivers prepare for the holidays?
- How to Support Family Caregivers During the Holidays
- Long-Distance Caregiving During the Holidays: How to Provide Care from a Distance
- BONUS: 14 Gift Ideas for Family Caregivers This Holiday Season

## ✨ 5 Tips for the Holiday Season

1. **Communicate truthfully.**
*Be honest with friends and family about your loved one's needs. This eases tension and sets realistic expectations. When everyone understands the situation, visits can be more comfortable for all.*

2. **Set boundaries.**
*When deciding how you want to show up this holiday season, honor both your energy levels and your loved one's, and set boundaries accordingly. You do not have to say, "yes" to every invitation.*

3. **Create new traditions.**
*If your traditions are overwhelming or no longer feasible, try switching them up. The important thing during the holidays is to spend time together with the ones you love.*

4. **Take guilt-free shortcuts.**
*There is no shame or guilt in taking shortcuts - it is ok to simplify. Small adjustments can free up your time and energy so that you may enjoy the holidays with the people that you love.*

5. **Accept help.**
*When help is offered, say yes — and be specific. Give them a specific job or task to complete that can free up some of your time and energy. The best thing you can do is step aside and let them help you.*

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