

December 2022

## Caregiving During the Holidays

For many caregivers the holidays bring added stress. Caregivers are already busy, and there's even more to do during the holidays. It's OK to give yourself a bit of a break this year. Here are some tips to help you make it through the holiday season with more joy and less stress.



- 1.** Focus on what is most meaningful. There are many factors that can't be controlled when it comes to a loved one's health and abilities, so adjust your view of a "successful" holiday.
- 2.** Simplify your holiday activities. If going all out for the holidays will push you over the edge, remember that it doesn't have to be all or nothing.
- 3.** Start new traditions. Instead of focusing on losses and what you and/or your loved ones aren't able to do, try doing something new.
- 4.** Adjust meals-Simplify the menu, focus on the dishes that are traditional and give you that holiday feeling, split up the grocery shopping and cooking among other family members and guests, pay someone to cook meals at your house ahead of time or on the holiday, order all or part of your holiday meals to go from a local grocery store or restaurant – either fully cooked or ready for you to cook at home or eat at someone else's home or at a restaurant.
- 5.** Approach gift giving more efficiently. Try shopping online (many online stores will also wrap gifts). You might ask a friend or relative to do your shopping and wrapping for you, or you can always fall back on gift cards. Family caregivers are often financially stressed, so it might be necessary to lower your gift-giving budget this year and scale back the number of presents. Give the gift of time or attention, like scheduling outings or helping with a project.
- 6.** Anticipate holiday hot buttons-It may be best to limit your exposure to or even avoid certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama, and don't try to resolve problems over the holidays.

7. Mind your mindset-Try to stay mindful, concentrating on the present moment. Think about what you can accomplish instead of what isn't getting done; celebrate what your loved ones can do, rather than dwelling on what they can no longer participate in.
8. Keep self-care at the top of the list. Beware of emotional ups and downs, fatigue, foggy thinking and an inability to sit still or the opposite feeling frozen and unable to get anything done.
9. Connect with other caregivers. Other caregivers are feeling many of the same emotions you are, even when non-caregivers don't understand.
10. Ask for help. To free up your time so you can enjoy holiday activities, ask family and friends to help with direct care for your loved ones, or try community and state resources like adult day care centers, in-home or facility-based respite care, or paid home health aides/caregivers.

Information from **AARP**

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## Upcoming Events!

Brain Health Book Club  
Every 1st Tues. of the Month  
Starting January 3rd  
10:30AM-12:00PM  
Superior Public Library  
Superior, WI



Caregiver Support Group  
Every 3rd Wed. of the Month  
1:00PM-2:00PM  
United Presbyterian Church  
229 North 28th Street  
Superior, WI

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## Contact us!

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