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HOLIDAY TIPS FOR FAMILIES WITH ELDERLY RELATIVES

In the hustle and bustle of the holidays, it's hard to forget the festive season isn't just about your children, the gifts, the big dinner, the tree, and the parties. Our parents, grandparents and older relatives are often the loneliest at this time of year. There are things we can do, however, to make sure they feel loved and included.

- **Include them as much as possible.** If the seniors in your family aren't as mobile as they used to be, then offer to pick them up and drop them off, or arrange for a cab or for someone else to do the driving.
- **Recognize their limitations.** Grandma may be used to whipping together turkey dinners for 12, but her hands and eyes aren't what they used to be. You should encourage older family members to take it easy, and you should pamper them for a change. But let them help with smaller, less complicated tasks if they want to participate.
- **Listen to their stories.** Many of our older relatives live in their memories. Encourage them to talk about holidays past. If they keep albums, ask to see the photographs. They may have some wonderful traditions from their childhood that you can incorporate into your own family's plans.
- **Give them the best gift of all; give them your time!** Most of the seniors that Oast & Hook works with say that the best gift of all is spending time with family. Unhurried, uncomplicated family time will mean the most to your loved ones and will create memories to last all year long.

- **Don't let it end.** With the excitement over and the families getting back to their normal routines, the weeks right after the holidays are often the hardest for seniors. Make it your New Year's resolution to spend more time with your older relatives throughout the year.

It's often around family holidays that you will notice that your parents, grandparents or older relatives aren't doing as well as they once did. If you need assistance meeting the needs of your senior family members, then please call the attorneys at Oast & Hook.

Oast & Hook

Oast & Hook is an elder law firm. We represent older persons, disabled persons, their families, and their advocates. The practice of elder law includes estate planning, investment and insurance advice, estate and trust administration, powers of attorney, advance medical directives, titling of assets and designations of beneficiaries, guardianships, conservatorships, and public entitlements such as Medicaid, Medicare, Social Security, and SSI, disability planning, income tax planning and preparation, bill paying, account management and reporting, care management, and fiduciary services. We also handle litigation involving these issues, such as will contests and estate administration disputes. For more information about Oast & Hook, please visit our website at www.oasthook.com.

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