



Making the Holidays More Senior-Friendly: Tips and Ideas

The holiday season is a time for joy, togetherness, and spreading love to our friends and family. As a certified senior advisor, I'm here to share some valuable insights on how to make the holidays more senior-friendly. Let's ensure that our beloved seniors enjoy this special time of year to the fullest.

1. **Decorations:** Keep decorations simple, avoid clutter that might pose mobility challenges.
2. **Comfortable Seating:** Arrange comfortable seating options, with sturdy armrests for support, think about ease of sitting and rising.
3. **Quiet Spaces:** The holidays can be overwhelming for seniors. Create a quiet space where they can retreat if they need a break from the noise and excitement.
4. **Easy-to-Read Menus:** If hosting a holiday meal, use large print menus. Seniors with vision issues will appreciate being able to read what's on offer.
5. **Accessible Transportation:** If planning outings or events, ensure transportation is senior-friendly, with easy boarding and comfortable seating.
6. **Inclusive Activities:** Include activities that cater to all age groups. Traditional board games or storytelling can engage seniors and help bridge the generation gap.
7. **Consider Dietary Restrictions:** Be mindful of dietary restrictions and preferences when planning meals. Offer a variety of options, including softer foods for those with dental issues.
8. **Music Choices:** Play a mix of music to cater to various tastes. Some seniors may enjoy classics, while others prefer contemporary tunes. Make sure the volume is comfortable for all.
9. **Safety First:** Keep walkways and entrances well-lit and free of obstacles. Snow and ice can be particularly treacherous for seniors, so ensure sidewalks and driveways are cleared and salted.
10. **Respect Traditions:** Embrace and honor the traditions of your senior guests. Ask them to share their favorite holiday memories or rituals to create a more inclusive atmosphere.
11. **Time Management:** Seniors may tire earlier in the evening. Consider planning events and gatherings earlier in the day to accommodate their schedules.
12. **Home Visits:** If you're visiting seniors at their homes, offer to help with decorating, meal preparation, or small household chores to make their space more festive and comfortable.
13. **Tech Support:** Help seniors connect with distant loved ones through video calls or messages, as they might be missing family who can't attend in person.
14. **Volunteer Opportunities:** Encourage seniors to participate in charitable activities, such as volunteering at local holiday events. Giving back can bring a sense of fulfillment.
15. **Plan Ahead:** Lastly, be proactive in anticipating the needs of seniors. Offer assistance when needed and ensure they feel welcomed and cherished.

By implementing these senior-friendly tips, you can make this holiday season more enjoyable and inclusive for everyone. Together, we can create cherished memories that will last a lifetime.

For all your Senior Living Concerns contact Eva Gavin, MHSA, CSA, CDP at 913-706-7286.

