

A decorative border surrounds the page, featuring various blue and white snowflakes of different shapes and sizes. In the bottom-left corner, there is a stylized snowman wearing a top hat and holding a broom. The background is a light blue gradient with small white dots scattered throughout.

Helpful Holiday Tips

Mail your loved one a letter written in large font about a favorite holiday memory.

Mail your loved one a picture of a past holiday that was special.

Encourage other family members to send cards, have small children make artwork, etc. to send to your loved one around each holiday.

Ask the facility what holiday plans are scheduled and how you can best help them be successful.

If your loved one expresses emotions about being “stuck” in the facility, or any other feelings about this time of the year, listen to them and validate their feelings. Sometimes people just want to be heard.

An attitude of gratitude: COVID has really been a gut punch for families with loved ones in facilities. While it is hard on family members, it is also hard on the staff inside the nursing home. Consider saying an extra “thank you” the next time you video call with your loved one or send treats to the facility if you are feeling really generous!

Please contact our office with any questions! 404-843-0121.

HURLEY
ELDER CARE
LAW