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Tips for Helping Older Adults Stay Healthy During the Holiday Season

1. Make Healthy Choices

The holidays are a time when we tend to indulge in foods – or even overindulge. Try to plan meals with event in mind.

If a big dinner is planned that evening, consider a lighter lunch of salad or soup.

2. Stay Hydrated

Drinking water is a great way to stay healthy during the holidays. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

3. Follow Dietary Restrictions

It can be difficult to adhere to a diet and or dietary restrictions during busy, stressful time, especially if there aren't any healthy options available. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

4. Drink in Moderation

Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

5. Keep Exercising

Or start exercising. Join a Fit and Fall Proof group exercise class. The classes are offered at no charge and are local. Visit

www.eiph.idaho.gov for a class schedule or call Timalee at 208-533-3149 for more information.

6. Shake Up Traditions

Consider passing the tradition of hosting holiday celebrations to the younger generation of family members. Or recruit younger family members to assist in the cleaning and preparation of the meal.

7. Decrease Gifts

Holidays can be a financial challenge for those living on a fixed income. To reduce stress from paying for gifts, consider having a gift exchange where everyone brings just one gift.

8. Rest after Traveling

Holidays can be a time when older adults travel long distances to visit family and friends. Older adults may need to rest upon arrival. Plan options for watching a holiday movie at home or taking a nap instead of planning a day of shopping.

9. Make Homes Accessible

If you have an older adult visiting your home ensure your home is safe and accessible. Consider having them sleep on the first floor of your home. If that's not possible, invite them to stay in a room near a bathroom. In addition, use nightlights in the hallway so they don't stumble in the dark.

10. Take Breaks

Between parties and shopping, it can be busy both day and night. Carve out time for a nap between activities or at least time to relax for a bit.

11. Stay Involved

Older adults still want to feel part of the holidays. They may want to be included to help out with holiday preparations. They may want to cook their favorite dish to share or help decorate the house.

