

Tips for Helping Older Adults Manage Holiday Blues

For many of us the holidays become our favorite time of the year; however for some older adults the holidays can trigger anxiety and depression. Noticing a change in behavior and acting promptly can provide needed care and help prevent a more serious condition.

Know the Signs

- Change in sleep habits
- Tearfulness
- Change or loss in appetite
- Sudden loss of interest in favorite activities
- Depressed or irritable mood
- Decline in health
- Lack of attending to personal care

How to Help

- Facilitate access to attending the local senior center
- Allow them an opportunity to vocalize how the holidays are difficult
- Create a plan with family or a friend to help fight the blues
- Celebrate and reminisce over a loved one's life who has passed
- Facilitate calls to family or friends they have not spoken to in a while
- Take a drive and enjoy the holiday light displays
- Exercise if health permits
- Make a favorite holiday treat
- Watch a favorite holiday movie with a loved one

If you or someone you know is dealing with loss, anxiety or depression, Senior Life Solutions at Manning Regional Healthcare Center can help.

Call (712) 655-8262 for more information