

For Immediate Release 16/12/2011

Blue Christmas

The Christmas holiday season can be a bleak time for seniors.

At a time when families are readying for the influx of relatives, shopping and cooking, many seniors face the holiday season with fear and trepidation.

Home Instead Senior Care director Martin Warner said “Seniors can be particularly vulnerable at this time. For many, traditional tasks like putting up Christmas decorations or baking are things they are no longer able to manage. This may be their first Christmas without a spouse or they may feel isolated with children living and working elsewhere”. Add to this the commercial emphasis on expensive electronic goods for their grandchildren and it's easy to see why not everyone relishes this season.

Mr Warner suggested that families, friends and neighbours use this time to check on older members of the community. Families coming together over Christmas may notice a dramatic change in their older relative's capacity. “They may not want to shop or even remember where the Christmas decorations are. Take this time to talk openly about planning for the future. Maybe some planned companionship or a little help with shopping, errands and medication reminders is in order? The reality is that as we age we are not able to do all the things we used to do. Making decisions about how to progress with assistance and care can bring real peace to families and beat the Christmas blues.”

ENDS

Home Instead Senior Care is the world's leading provider in private non-medical home care and companionship services with more than 900 offices throughout Australia, Italy, Switzerland, Germany, South Korea, Finland, Puerto Rico, the US, UK, Japan, Portugal, Ireland, NZ, Canada and the Netherlands.

Services can be arranged for a few hours a week or up to 24 hours a day. For more information call 07 3720 8400 or visit www.homeinstead.com.au

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