



Coping with Celebrations

Top Tips from Carers for Carers

- Order medication in advance as pharmacies often close or have shorter hours over Christmas and bank holidays periods.
- If someone asks what you want for Christmas, suggest a voucher of their time, to do some chores for you or look after your loved one for a few hours.
- Think about what you or your loved one are looking forward to and what might be a concern. Can anything be prepared for in advance?
- Consider if it will take the pressure off to share ideas and concerns with people? Explain to others what you will need in terms of support.
- Manage expectations and prioritise what is best for you, even if it doesn't fit with what others would like to happen.
- If your loved one is in 24-hour care find out what arrangements, they have in place for visiting and any activities they have planned and what you could join in together. If they might not be aware of what you want to celebrate and when, let care staff know. Homes tend to be delighted to have more to celebrate.
- If change causes distress, keep your routine as usual as possible.
- If the festivities get too much, create a quiet space for your loved one to reduce anxiety and agitation.

- Keep in regular contact with supportive friends or family members you can offload to.
- Get connected with others online through PSPA's Health Unlocked or different carers support channels.
- Find out where will be open for help if you need it.
- If going away, remember to take emergency numbers, medication, continence aids and any other adaptive kit you may need with you.
- Go on the UK Power Networks 'Priority Services Register' in case of any electrical outages, they will know there is a vulnerable person at the property <https://www.ukpowernetworks.co.uk/power-cut/priority-services>
- Keep warm – checkout our 'Winter Wellbeing for Carers Handout'.
- Take a breath of fresh air or a moment to yourself when you can.
- If it is pizza or take away for Christmas Day (or any other celebration) that's OK!! Don't strive for perfect. Do what's right for your family.

With grateful thanks to the many carers from all walks of life who have shared their ideas on the internet.