Creating a Safe and Pleasant Holiday Outing for Frail Seniors

Preparation is the key to any successful outing. However, a day out with a frail elderly person can never be spontaneous. The first task must be to vet the activity to ensure that it is suitable for the elderly person.

Consider:

- the amount of walking involved
- if the destination is flat or has hills or stairs to climb
- if there is wheelchair access (if appropriate)
- whether there is parking nearby
- whether there is cover and shade
- whether there are toilet facilities
- whether there are chairs or benches available in case the elderly person needs a rest
- if there is cell phone coverage

Before leaving home, be sure to prepare for a wide range of possibilities:

- have all the medications needed and take an extended supply, just in case the outing lasts longer or takes an unexpected turn
- have appropriate clothing—layers are best—as well as sun and rain protection
- have something to eat and drink, in case of a delay

Holiday Outing Ideas

- Take a leisurely family drive to look at the local city holiday lights.
- If it is possible and received warmly, invite the senior to your house to decorate.
- Help your elderly loved one attend a holiday party especially for seniors at a local senior center. Sometimes there will be a special music feature and/or games.
- Attend local and community plays. Besides the local theater, stage house or ballet, affordable plays and performances done by elementary schools, junior highs and high schools are just as entertaining and more affordable.
- When things do not go right, try and remind yourself that the benefits outweigh the disadvantages. The person in your care will greatly enjoy and benefit from the change of routine and so will you!

Independence-4-Seniors specializes in enhancing the independence and sense of freedom for our aging clients. Providing personal care services, transportation, medication reminders, meal preparation, and much more, Independence-4-Seniors makes home care the best care. Contact us today to find out more.