

Give The Gift of Caring

As Thanksgiving is around the corner and the holidays approach, the question always arises: “What should I get my parents and grandparents for the holidays?”

They are hard to buy for. They have reached the point in their life where they don’t need *things*. Dust collectors. Things to trip over and create a fall.

If you ask them what they want, they will undoubtedly answer: “nothing, I have what I need.” That’s not much of a help!

Consider this: your parents and grandparents are getting older and may have trouble doing the things they used to do. Cleaning the house may be troublesome. Meal preparation could be more than a chore, causing them to rely on fast food. Or, maybe they can’t get out and about to do their own holiday shopping.

That’s why at FirstLight HomeCare of Sun City, we suggest “giving the gift of caring.” Whether it’s for a few hours a day, once a week, or just a few times a month; our caregivers will help them take care of errands, trips to the doctor, meal preparation and more. We do so in the comfort of their home, where they are the most comfortable and familiar.

It’s hard for our aging parents to admit they need help, because this could result in a loss of independence. At FirstLight HomeCare, we want to make sure they maintain their dignity and freedom, we respect their independence and encourage as much self-reliance as they are capable of safely doing.

Signs To Look For

Maybe you are a long distance caregiver and you will be seeing your Mom or Dad for the first time in a while over the holidays. If so, you may want to look for key signs that they may need a little help. In fact, that’s what adult children of aging parents need to do on a regular basis – watch for telltale signs that their parents’ health and lifestyle may be deteriorating.

Here are some signs to look for that indicate it may be time for a little help around the house:

- Difficulty with walking, balancing or mobility
- Mail piling up and past due bills
- Weight loss or weight gain
- Little or no food in the refrigerator; also spoiled or expired food
- Forgetting to take medicines or forgetfulness in general
- Vision or hearing issues
- A dirty or cluttered house with laundry piling up and dirty dishes in the sink
- Trouble standing from a seated position
- Dents or scratches on the car, indicating difficulty driving
- Sloppy appearance or poor hygiene
- Reluctance to leave the house or visit friends

If any of these indicators are in place, talk to your parents openly and honestly about getting some help. They may be resistant at first and you may have to get some reinforcement from doctors, family, or friends. Assure them that you have their best interests in mind and are concerned about their health and safety. Particularly assure them that you want to help them stay in their home as long as safely possible. Getting a little help today will keep them health and independent.

Remember, the best gifts don't come from a store ... they come from the heart!

[Visit here](#) to purchase a FirstLight HomeCare gift certificate today.