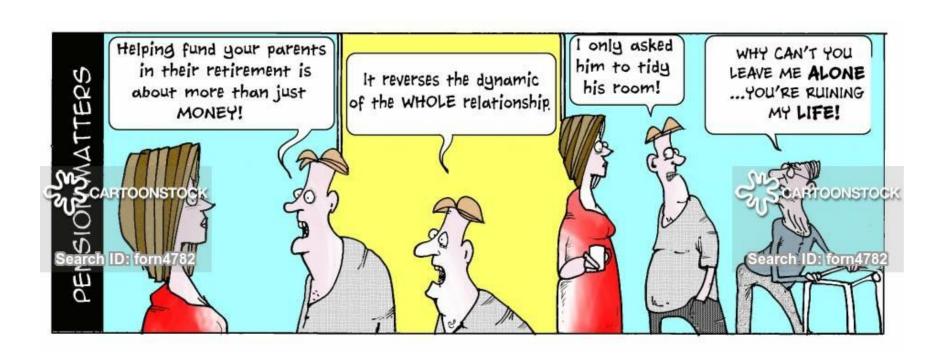
Navigating Family Dynamics around the Holidays: How to Best Manage Festivities with Ageing Parents

THE PANDEMIC EDITION

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Adapting to Changes



Overview

- Family Dynamics
- Family Dynamics and Ageing Parents...and then there was COVID
- Considering where and when to have conversations with and about our ageing parents...and what exactly is Advance Care Planning
- General Guidelines about celebrating holidays and ageing parents...and then there was COVID

What do we mean by "Family Dynamics?"





Holidays are a time for Reflection

- Sometimes the holidays are the time when we see changes in our parents and feel the need to act
- Every holiday season we see concerned children dropping their ageing parents at the emergency room because they have not been coping well
- Holidays for many are an already stressful time and are not necessarily the best time for drastic changes
- A health crisis or new diagnosis of illness can add to our sense of urgency to make changes

Importance of Family Conversations

- Holidays are often a time of pressure for many to attend to many activities and create memories and traditions
- COVID-19 restrictions give us the opportunity to pause and reconsider
- If you are noticing differences or changes with your ageing parents
 check in with them
- Talk to siblings and see what they notice
- Share ideas, concerns
- Bring out of town siblings and family members up to date
- Be prepared to listen
- Create some ground rules to ensure for a respectful discussion and be prepared to LISTEN—your perspective is not the only one
- Remember Capable Parents (just like all of us) have the right to make their own decisions-even if we don't like them

Plan a time to talk and follow up after the holidays

- Knowing what your ageing parents want takes the pressure off the children to mind read—better yet, take the opportunity to talk to your significant others about your wishes
- Advance Directives are so important; they ensure that substitute decision makers "get it right" and respect your values and wishes
- Holidays may be a time to flag issues but may not be the time to have these conversations
- Make a firm commitment to follow up and talk to your parents about what is important to them

Video Clip My ACP community

Holiday Celebration Considerations

Follow public health guidelines

 How are your family members interpreting the public health guidelines?

- What do your parents want? What is comfortable for you? What can you influence?
- Is your parent from a single person household? Is there more than one sibling?
- Manage your expectations



General Guidelines

- Keep routines
- Reduce noise and confusion



- Modify traditions and adjust expectations
- Tone done decorations, flashing lights and clutter
- Do not rearrange furniture
- Never leave burning candles unattended, use alternatives



Simple Ideas to Consider

- One household gatherings
- Porch visits (it may be too cold)
- Walks (if possible and distanced)
- Use technology if appropriate with one person acting as moderator
- Share photos, send a meal, online games
- Do the same thing each night of Channukah (why not?)
- Be aware of hearing and sight limitations
- Old fashioned cards and letters are good too!

Video Clip (sharing a meal)



Take your own Temperature



- Remember that the holidays can be stressful for all, especially if a loved one is coping with serious illness or demonstrating cognitive or physical changes related to ageing
- Be mindful about when and where to have conversations with your family about important matters
- At this time when we cannot hug or touch those we love it can be extremely difficult
- Meditation, exercise, gratitude are all
- ways we can enhance our coping

Thank-You

ZOOM PARTY Aunt Judy's 100th Birthday Bash December 5, 2020

