

Creating a memorable, safe and healthy holiday season



Our vision, in everything we do, is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling.

It's **The Caraday Way!**

The holiday season brings joy and togetherness, but it can also introduce extra considerations when it comes to the health and safety of older adults. Whether at home or out and about, a little planning can help ensure the holidays are both festive and safe.

Holiday decorations are a wonderful way to lift spirits and create a cozy, welcoming atmosphere. At the same time, crowded arrangements or clutter can create hazards. Keep pathways clear and skip decorations that block natural movement around a room.

Also, avoid keeping extension cords on the floor and remove items that could cause someone to trip or stumble.

Keep holiday meals manageable. Family gatherings often bring large platters and heavy dishes to the table. To avoid spills or accidents, consider serving in smaller portions, using lighter trays, or asking for help passing food around. Everyone still gets to enjoy their favorite holiday flavors—just in a safer way.

When hanging garland, holly, or tinsel, be sure not to place them where people may use surfaces for balance, such as handrails.

Good lighting is essential, especially in the darker winter months. Double-check that bulbs are working both inside and outside. Bright, even lighting in doorways, hallways, and rooms helps make potential hazards easier to spot.

If you have an energetic pet, consider using a baby gate so they don't get underfoot when guests arrive.

Children's toys are fun, but can be a tripping hazard. Designate a specific play space for young grandchildren so toys don't spread into walkways.

Create a holiday retreat. With music, chatter, and laughter, celebrations can sometimes become overwhelming. Set aside a cozy, quiet room with festive touches where anyone can step away, rest, and recharge before rejoining the fun.

And don't forget the outdoors. Make sure porches, walkways, and steps are clear of snow, ice, and clutter to avoid slips and falls.

With a little preparation, the holidays can be filled with warmth, joy, and safety. Be smart, stay safe, and enjoy a season of meaningful memories.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com