

Gift of Caregiving Goes Beyond the Holidays

Sometimes the seniors in our lives won't ask for help, although we know they could use an extra hand. For example, maybe your elderly mother is balancing family caregiving while preparing for the holidays. Combining these two activities can be stressful. One option is to give the gift of caregiving this holiday season.

The gift of caregiving can work for anyone who needs a little extra spark, whether for the holidays or all year. Caregiving is so much more than care if done with a whole-person approach. This holiday, offer a ride to a doctor's appointment on a snowy day, respite care for family caregivers, or help to buy and wrap gifts.

We know life is busy, especially around the holidays. Families today are often spread far apart and work hard to balance caring for their families both near and far. The greatest part about the gift of caregiving is proactively helping the seniors you love to get their health and life goals on track in 2020.

Curious about how we've helped other seniors live with a spark during the holidays and beyond? [Click here to learn more.](#)

If you're looking for other connections to resources in the community or are interested in caregiving, reach out Senior Care Navigation, a free benefit to you as an Education Minnesota member. **Call us directly with any questions or concerns at 952-345-3317 or visit [Senior Care Navigation online.](#)**