



Holiday Care Planning Guide for Client Directed Home Care Invoicing Families Supported by Always Best Care of Calgary SW

The holiday season is a time for connection, joy, and comfort, but for families caring for someone with [dementia](#) or other home health needs, it can also bring added stress.

This guide will help you create a thoughtful care plan that keeps your loved one safe, included, and happy throughout the holidays, leveraging the expertise and support of [Client Directed Home Care Invoicing](#) and Always Best Care of Calgary SW.

Planning Area	Key Actions
Assess Needs	<ul style="list-style-type: none"> ● Review routines ● Identify holiday changes ● Track additional needs
Coordinate Care	<ul style="list-style-type: none"> ● Contact the coordinator early ● Share the holiday calendar ● Request respite care or extra visits

Activities	<ul style="list-style-type: none"> ● Choose familiar but flexible activities ● Involve a loved one in preparations ● Balance active and restful time
Safety	<ul style="list-style-type: none"> ● Clear walkways ● Secure medications and supplies ● Share the emergency plan with staff and family
Companionship	<ul style="list-style-type: none"> ● Schedule regular visits ● Arrange video/phone calls ● Plan inclusive activities
Caregiver Self-Care	<ul style="list-style-type: none"> ● Use respite care ● Share tasks ● Schedule personal breaks
Pre-Holiday Checklist	<ul style="list-style-type: none"> <input type="checkbox"/> Visits scheduled <input type="checkbox"/> Activities planned <input type="checkbox"/> Safety checked <input type="checkbox"/> Contacts updated <input type="checkbox"/> Meals set <input type="checkbox"/> Meds managed

Assessing Holiday Care Needs

- **Review your loved one's regular routines:** meals, medication, mobility, and social preferences.
- **Identify potential changes** (events, visitors, outings) that could impact their comfort or well-being.
- **Use a daily care log or checklist** to track any additional holiday-related needs.



Collaborate with Your Client Directed Home Care Invoicing Coordinator

- **Reach out early to your Client Directed Home Care Invoicing care coordinator** to discuss upcoming holiday plans.
- **Share your holiday event calendar** and preferred times for scheduled care visits.
- **Request [respite care](#)**, extra home visits, or special services well in advance.

Holiday Activities & Engagement

- **Choose activities that are familiar but flexible.** Think gentle crafts, baking, decorating, listening to traditional music, or watching favourite holiday programs.
- **Involve your loved one in preparations** (setting the table, wrapping gifts, etc.) according to their abilities.
- **Schedule both energetic and restful periods** to avoid overstimulation.



Safety & Emergency Planning

- **Make sure walkways are clear**, and consider additional winter safety measures (such as non-slip mats or emergency contact lists).
- **Store medications**, comfort items, and essential supplies in a convenient place.
- **Share your emergency plan with family and care staff**: whom to call, what to do, and details on medical needs.

Companionship and Preventing Isolation

- **Book regular companionship visits** with trusted caregivers for meaningful interaction and companionship.
- **Arrange scheduled video or phone calls** with friends and relatives who cannot visit in person.
- **Plan inclusive activities** that foster self-worth and connection.



Self-Care for Family Caregivers

- **Take advantage of respite care** to find moments of rest.
- **Share caregiving tasks** with relatives or supportive friends.
- **Schedule breaks** for exercise, personal reflection, or hobbies.

Reminder: Strong support for the caregiver ensures stronger support for your loved one.

Appendix: Holiday Planning Tools

Checklist Template:

- Care visits scheduled & confirmed
- Activities planned
- Safety measures checked
- Emergency contacts updated
- Meals coordinated
- Medications managed

Sample Calendar Template:

- Holiday event
- Companion visit
- Restful time
- Family video call



How We Can Help

If you'd like a professional home safety walk-through and personalized recommendations, [Always Best Care of Calgary SW offers in-home assessments and practical implementation support.](#)

Contact us to schedule:

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