



Holiday Care Planning Guide for CDHCI Families

The holidays are a special time for connection and celebration, but for families coordinating care, especially through [Client Directed Home Care Invoicing](#) (CDHCI), this season can feel overwhelming.

This guide is designed to help families in Edmonton, St. Albert, Sherwood Park, and the surrounding areas enjoy the holidays with peace of mind, providing step-by-step planning tools, expert tips, and ways to make the most of your [CDHCI benefits](#).

Checklist for Families That Rely On Client Directed Home Care Invoicing

- Review and update your family's care plan for December and January with your care coordinator or case manager.
- Schedule extra hours or respite visits in advance; availability changes fast.
- Confirm medication refills and ensure a two-week supply is on hand.
- Plan transportation for medical appointments, shopping, or community events.
- Discuss routines and special needs with all caregivers and family members.
- Confirm backup contacts in case of weather or illness.
- List emergency numbers and share them with caregivers.



Tips for Family Gatherings

- Adapt celebrations for all abilities: consider shorter visits, quiet rooms, and "rest zones" for those who tire easily.
- Choose easy, inclusive activities like ornament-making, cookie-decorating, or watching favourite movies together.
- Keep meals simple and dietary-friendly so everyone can participate.
- Communicate with guests about routines and expectations to minimize stress.
- Use technology (video calls, tablets) to include family members who can't attend in person.

How to Leverage Client Directed Home Care Invoicing Over the Holidays

- Notify your AHS case manager if your care needs or schedule changes for the holidays.
- Add or adjust services as needed: personal care, homemaking, and respite options are available.
- Use [respite care](#) to ensure family caregivers get a break; even a few hours can make a big difference.
- Ask about flexible scheduling: more evening or weekend support may be available.
- Remember: unused hours may not roll over after year-end. Make the most of your benefits now.



Reducing Family Stress

- Set realistic expectations: it's okay not to do everything; focus on moments that matter most.
- Delegate tasks so every family member has a role.
- Use digital reminders and calendars to keep everyone on the same page.
- Practice self-care: take regular walks, take quiet breaks, and ask for help.
- Keep open lines of communication with your care team and relatives.

Emergency Planning

- Post emergency numbers in a visible spot.
- Create a list of key contacts (family, neighbours, care providers).
- Have an overnight bag packed for unexpected hospital visits.



Need Help?

The holidays are a time to cherish, not stress over. With the right planning and support, plus the flexibility of Client Directed Home Care Invoicing, you can ensure your loved ones are safe, supported, and included in every celebration.

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