



Holiday Care & Winter Safety Planner

The holiday season is a time for warmth, togetherness, and reflection, but it also brings unique challenges for Oakville seniors. With cold weather, shorter days, and limited mobility, it's vital to prepare for safety and social connection.

This planner helps families and older adults organize for holiday wellness, prevent isolation, and stay secure all winter long.

Daily Connection Checklist

- Schedule regular phone or video calls with family and friends (use FaceTime/Zoom/Skype).
- Send and receive holiday cards or letters each week.
- Plan virtual celebrations: shared meals, games, music, or storytelling.
- Involve seniors in holiday preparations, including decorating or baking via video chat or in person.
- [Arrange for professional companion caregivers](#) if additional support is needed.



Winter Home Safety & Comfort

Home Preparation

- Check the heating system and space heaters before the first cold snap.
- Seal windows and doors to prevent drafts.
- Stock thick socks, slippers, mittens, and warm blankets.
- Test smoke and carbon monoxide detectors and replace batteries if needed.
- Keep flashlights and a battery backup handy for emergencies.

Fall Prevention & Mobility

- Clear walkways, driveways, and steps of snow and ice, use salt or sand.
- Install non-slip mats indoors and grab bars in bathrooms.
- Ensure the main walkways are free of clutter and well-lit.
- Wear boots with non-slip soles and use a mobility aid if needed.



Health & Wellness Routines

Physical Health

- Maintain an indoor exercise routine: gentle yoga, stretching, walking (indoors or outdoors as weather allows), or join local virtual fitness classes.
- Schedule medication checks and refill prescriptions before potential storms.
- Arrange for flu and COVID-19 vaccinations; keep up with regular doctor visits.
- Eat balanced meals, encourage hot soups and stews to boost immunity.

Emotional Wellness

- Encourage reminiscence: look at family albums, tell stories, or create memory books.
- Join a virtual community or faith event (see Oakville programs and services).
- Volunteer or participate in creative projects (making cards, crafts for others).

Activity Calendar

Week	Suggested Activities
Early Dec	Virtual decorating party, send holiday cards.

Mid Dec	Bake or cook holiday treats together (in person or virtually).
Holidays	Attend or watch virtual community events, church services, or online concerts.
Early Jan	Winter walk (weather permitting), start a new puzzle or indoor hobby, connect with community support programs.

Winter Wellness Tracker

- **DAILY LOG:**

- ✓ Sleep hours
- ✓ Hydration level
- ✓ Medication taken
- ✓ Social interaction/activity
- ✓ Emotional check-in (circle: 😊 | 😐 | 😞)

- **WEEKLY REVIEW:**

- Track physical activities accomplished
- Note moods, highlight good moments
- List outings or calls, plan for next week



Notes and Reminders

- Remind yourself and loved ones to check the weather before outings.
- Use lists/alerts for medication and appointments.
- Keep a record of emergency contacts and essential numbers on the fridge or near the phone.
- If a challenge arises, never hesitate to reach out for support from family, friends, or local senior care services.

A joyful, safe, and connected holiday season starts with a plan. Use this guide as your family's companion for winter well-being!

Contact Information

Learn how to create a safer home today. **Contact us at:**

 [289-814-3783](tel:289-814-3783)

 ClientRequest@abc-seniors.com

 <https://alwaysbestcarecanada.ca/oakville/>

 <https://maps.app.goo.gl/VWCprNyW8PCoqWo2A>