


Follow our weekly “Looking 4 staff” series

# Tips and tricks on keeping grandma and grandpa young and happy



You already decided it's time for some outside help and you need eldercare staff for your parents or close relatives.


They are in a good shape, but not enough to take care of themselves.

Always remember they are part of the family, not a burden.

Your new eldercare staff will be like a new member of the family.

Their main task is to make sure the people in their care do not feel left aside.


They need to maintain an active and connected normal life, as before.



Here are some ideas to help your parents/ close relatives still feel active, even if they have difficulties when moving or they need an wheelchair.

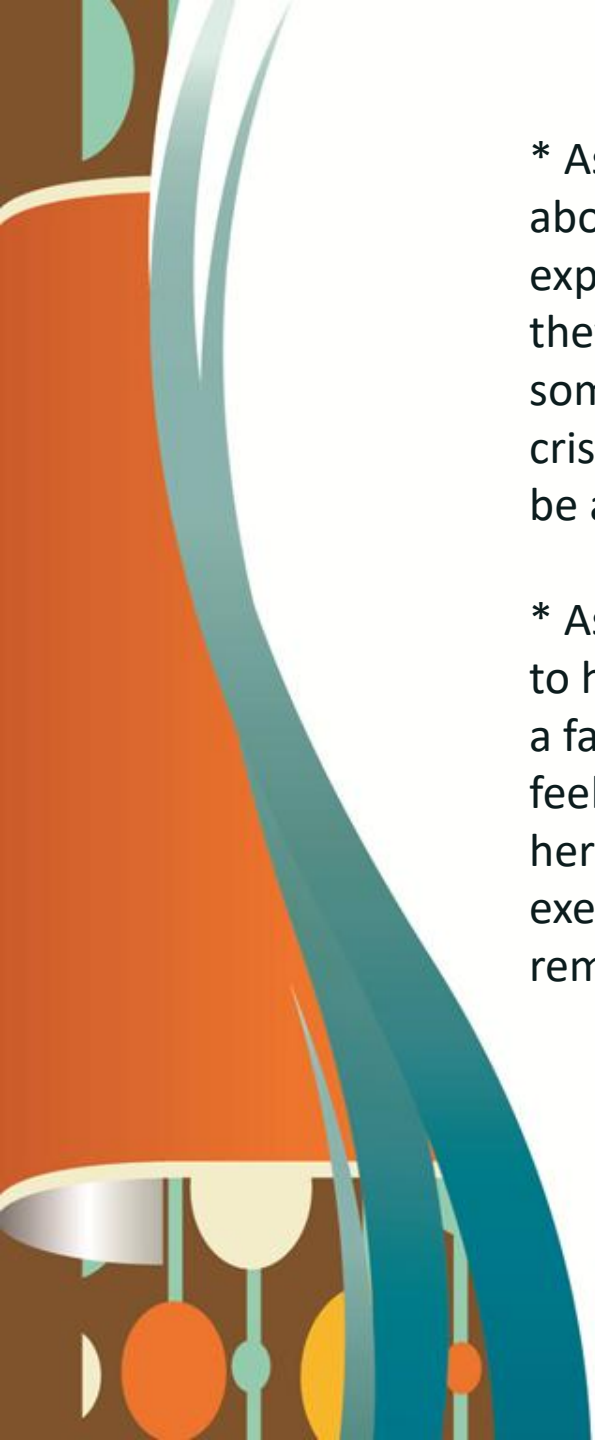
Ask your eldercare staff to always remind them of the healthy people they were, and put away their physical challenges.

Involve them as much as possible in any of the house activities. They need to feel they are still in charge of their own life.

The top of the page features a decorative border. It consists of a row of stylized trees with circular canopies in shades of teal, orange, and yellow, set against a brown background. Below this row is a large, flowing ribbon that curves across the top. The ribbon has a gradient from light teal to dark teal, with a bright orange stripe running through its center.

**Age does not  
protect you from love.  
But love, to some extent,  
protects you from age.**

Anais Nin




\* Ask them to tell you about their unique life experiences - remember they survived a war, some serious economic crisis. Your interest will be appreciated

\* Ask the eldercare staff to help them in building a family tree. They will feel involved in the family heritage, memory exercised and good times remembered

\* Try to involve them in house activities like helping in the kitchen with peeling vegetables or looking for new recipes

\* Let them participate when sorting the correspondence, especially when it's about invoices. It will help them exercise their memory

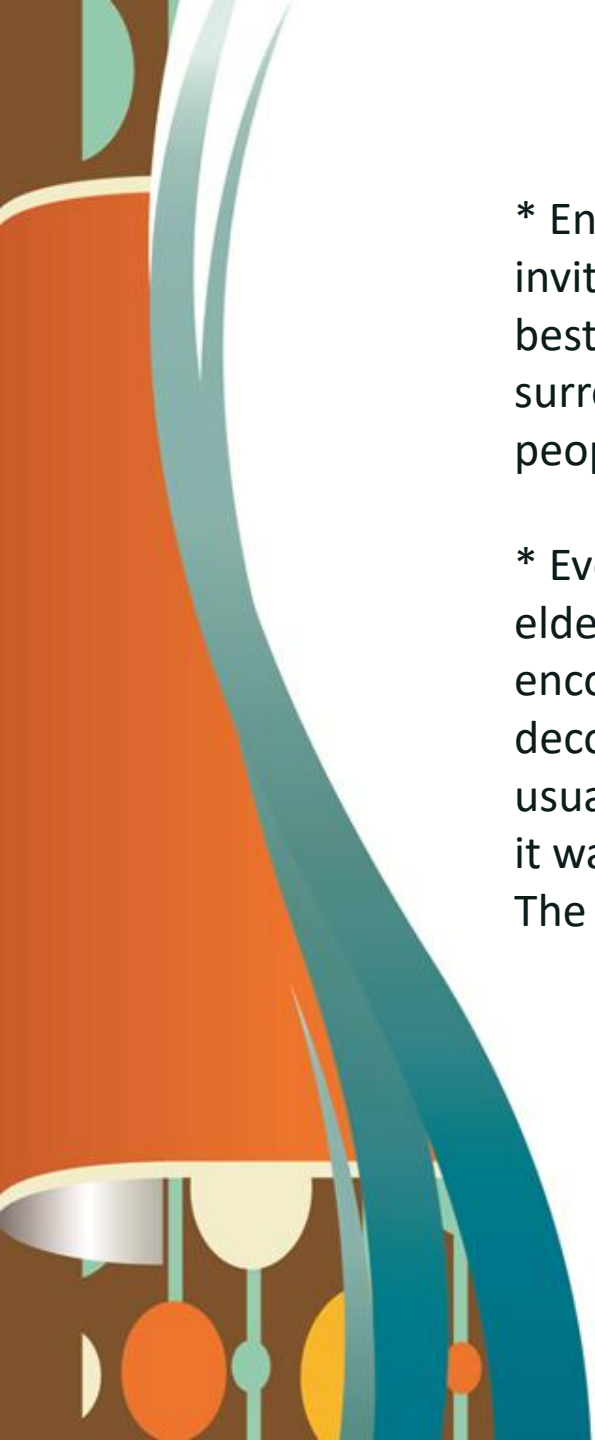


\* The eldercare staff needs to ask every before making house changes. Your parents need to understand (and if possible, agree to) why some objects need to be replaced for their own safety, or easier use

\* They can as well spend one hour daily to read them things they enjoy, or even encourage them to read alone. It is a very good exercise for their memory and focus

\* Whenever possible, a walk in the park is recommended. They can meet their friends or maybe make new acquaintances

\* They need to participate in as many social events as possible: theatre, art exhibitions, elderly citizens events




\* Encourage them to invite friends over. The best medicine is to be surrounded by the people they love

\* Every holiday, ask the eldercare staff to encourage them to decorate the house as usual, or start doing it if it was not in their habit. The fun is guaranteed

\* If their state allows, ask the eldercare staff to join them to dancing classes or to a fitness center

\* Look for a community center near you where water aerobics classes are offered. Socializing, staying in shape both physically and mentally are to be gained



**Beautiful young people  
are accidents of nature,  
but beautiful old people  
are works of art.  
Eleanor Roosevelt**





Having a parent or a close relative to take care of used to be difficult.

But nowadays, it's a piece of cake.

Let us take care of finding the eldercare staff you need so you can enjoy more of the time spent with your loved ones.

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