

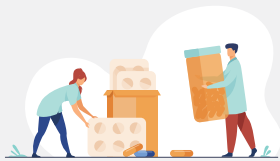
The Post-Holiday Dip: How to Keep Parents Safe

January consistently brings an increase in hospitalizations among older adults. After the holiday bustle, many seniors face disrupted routines, fatigue, reduced activity, and emotional let-downs that can escalate into health crises. As families pack up and return home, aging parents may be more vulnerable than they appear.

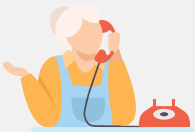


One major risk is routine disruption. Holiday schedules can throw off medication timing, sleep habits, hydration, and regular meals. When structure breaks down, confusion and fatigue can follow — increasing the likelihood of falls, illness, or mistakes with medication.

The emotional “post-holiday dip” is another factor. After weeks of visitors and celebration, January’s quiet can feel isolating. Loneliness often affects appetite, motivation, and overall health, especially when paired with winter weather and limited mobility.



To support aging parents, families should take several simple steps before heading home. Ensure medications are organized and refills are available. Stock the kitchen with easy, nutritious options. Confirm heating systems, smoke detectors, and CO detectors are working. Arrange transportation or delivery services for groceries and appointments.



Just as important is creating a post-holiday support plan. Identify neighbors, friends, or relatives who can check in regularly and know the signs that something is wrong — such as decreased appetite, confusion, trouble walking, or low energy.



Short-term home care can make a significant difference during January. A caregiver can help with meals, hydration, medication reminders, mobility support, and companionship. This stabilizing support often prevents the slips, oversights, and accidents that lead to ER visits.

By planning ahead and putting the right help in place, families can reduce the risk of post-holiday hospitalizations and ensure their loved ones enter the new year feeling safe, supported, and cared for.



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