

Tips for Hosting Senior Guests this Holiday Season



Plan Your Space

- ✓ Consider how they'll get out of the car and into the house (including any stairs). Plan to have people available to help if needed.
- ✓ Keep walkways well-lit and clear of any potential tripping hazards.
- ✓ Get a raised toilet seat and install a grab bar to make the washroom safer.
- ✓ Create a quiet, comfortable spot where they can rest or nap if they get tired.

Think About Seating

- ✓ A sturdy chair with armrests makes it easier for senior guests to push up and stand.
- ✓ Add a seat cushion to elevate the chair seat and make it easier to sit and stand.
- ✓ Have anything your guests might need within their reach to avoid the need to bend or stretch.
- ✓ Consider how loud things can get and create a quiet corner near others where they can participate in conversations.
- ✓ Allow for enough time between activities – a rushed schedule can be tiring.

Need Help?

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 778-846-7695

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