



Planning Ahead for a Season of Connection.



Why Early Planning Matters.

The holiday season brings joy, but it can also highlight challenges—especially when caring for aging loved ones.

A little preparation goes a long way. From ensuring safety and comfort to balancing emotional and logistical needs, thoughtful planning helps families focus on what matters most: quality time together.



Arosa
Care Elevated

Tips for a *Stress-Free* Holiday Season:

Start Conversations Early: Discuss plans, routines, and care needs before travel or gatherings begin.

Review Medications & Appointments: Coordinate schedules to avoid interruptions in care.

Make the Home Safe & Comfortable: Remove trip hazards, improve lighting, and create cozy spaces for rest.

Plan for Extra Help: Arrange short-term care, respite, or in-home support for busy days or overnight guests.

Prioritize Connection: Encourage shared activities—meals, stories, or light walks—to strengthen family bonds.

How Arosa Helps Families Prepare:



Care Management Support:

Our Care Managers coordinate schedules, appointments, and **communication** between family members and providers.



Emotional Guidance:

Compassionate support for families navigating stress, grief, or transition during the season.



Short-Term In-Home Care:

Reliable, **flexible support** for seasonal needs or holiday coverage.



Safety & Home Assessments:

Personalized recommendations to ensure comfort and reduce risks.

Holiday Planning Tip:

If your family visits only once or twice a year, this is the perfect time to check in on your loved one's health, home environment, and daily needs.

Early conversations can prevent future crises and create space for meaningful moments.



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