

Ageing Parents alone for the holidays?

Holidays can be extremely stressful for seniors. Recovery Coaches are a source of joy and inspiration. Rather than another sweater, give them a conversation, daily. Our Senior Coaching interrupts the endless days with exciting discussions from news of the day, and news from the past. We invigorate, and motivate individuals who spend too many hours alone. Stop feeling guilty, Help Mom or Dad enjoy life. There are a lot of reasons for Senior Coaching, during the holidays, we are even more important.

▪ Senior depression and the Holidays

November 11, 2008 by Coach Chez

Recovery Coaching from Senior Motivate 4 Success understands the problems faced by many seniors, and has special programs available for the holidays. [Click Here](#) Many people feel depressed and sad during the holidays, but hid those feeling from friends and family. They don't want to worry family by displaying these feeling or try to deny them. We are told all our life that we should be **happy**, it's the holidays.

There are many factors that contribute to those feelings of sadness that seniors may feel. Many seniors are widowed, have lost close friends as they age, are separated from family and may be suffering from ill health. Many feel **guilty** for have feelings of sadness which intensify those feelings of sadness. There are strategies to help seniors cope with the holiday blues.

Using these suggestions will help to prevent or reduce those feelings of sadness.

- Don't isolate Volunteer helping others is a great way to forget your own troubles.
- AVOID alcohol. Many seniors **develop alcohol dependence** after retirement or loss of a loved one. Alcohol is a depressant and will intensify those feelings of sadness.
- Watch your finances. Most seniors are on a fixed income. Set a budget for gift giving and stick to it. Don't feel guilty if you can't afford to buy grandchildren an expensive gift, it's you they will remember not the gifts. Overspending **will cause worry**.

- Don't **deny or try to hide your feelings of sadness**. Very often just being able to share your feelings with someone can help cope with post holiday letdown.

A Note about Senior Depression is a serious problem. Late life depression affects about 65 million Americans age 65 and older, but only one in ten receives treatment. Elderly Depression is often misdiagnosed by family members and doctors. 3 out of 4 seniors who commit suicide visit their primary care physician in the month prior to killing themselves so doctors need to recognize mental as well as physical health issues. Children often misread depression by saying "Dad is slowing down."

- Older adults with depression are more likely to commit suicide than younger people with depression.
- People age 65 and older account for 19% of all suicides.
- The overall U.S. suicide rate is 11 per 100,000. For folks 65 and older, the figure rises to 14 per 100,000.
- Factors that increase the risk of elderly depression include being unmarried, stressful life events and lack of a supportive social network.

Recovery Coaches for seniors are well versed in interrupting the thought process that causes depression to worsen. The number one thing any family or friends can do is talk, not weekly, but daily, especially during the holidays. Phone trees are a great source of encouragement, but for many we don't have the time. Rather than get mom or dad another sweater, give them a coach for the holidays. Learn more about Coaching for seniors at www.seniormotivate4success.com to check out our Holiday program please go to <http://holiday.motivate4success.com>