

**STRATEGIES FOR CAREGIVERS:
WHAT'S IMPORTANT TO YOU? WHAT COULD BE CHANGED?**

HOLIDAY TASKS	Would the holiday feel complete without it?	Is this something you want to change?	Do you do it out of habit, tradition, choice, or obligation?	Is it a one person job, or can it be shared?	Who can be responsible for seeing that it gets done?	Do you enjoy doing it?
Decorating						
Baking and cooking						
Going to office/school parties						
Making homemade gifts						
Sending holiday cards						
Buying clothes for the holiday						
Going to social events						
Doing holiday shopping						
Helping your children to make gifts						
Having the house clean						
Giving gifts to teachers & coworkers						
Attending religious services						
Preparing special traditional foods						

Adapted from: SIDS Network, Inc., <http://sids-network.org>

Family Caregiver Support Program * Southern Maine Agency on Aging
136 US Route One, Scarborough, ME 04074 * 1-800-427-7411 * www.smaaa.org