

Leading Senior Living Advisor Shares Advice On Making The Most Of The Holidays

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A to Z Gerontology, a leading senior living advisor that serves the Sonoma and Marin counties in California, has shared useful information and techniques to help families with seniors make the most of their time together. The organization's owner Dorothy Guajardo says, "Helping Seniors connect at this time of the year pays dividends for everyone. We all love the fun and merriment; however, for many seniors, the noise and confusion of big parties can lead to them feeling excluded."

Guajardo has helped hundreds of families understand their choices when it comes to looking after their elders. Often, a family issue can arise without warning, and few are really prepared for what that means for their parents as well as everyone else in the family. Guajardo's interest in elder care began when she became the primary caregiver for her mother, who had suffered for many years from congestive heart failure.

"As someone who knows firsthand how scary the process can be, I want to help everyone make the most of the holidays. There are some simple things you can do to help connect and strengthen the ties you have together," continues Guajardo. One of the key suggestions she makes is to avoid having too many things going on all at once.

Strengthening bonds by keeping traditions and memories alive, even for those without dementia, is a great way to connect, so she advises families to dig out the videos and pictures and brush up on the traditional songs they like best—even if they are not Christmas related. For those with favorite recipes to share, the holidays may be the perfect time to help get those family favorites passed down so generations to come will have the opportunity to learn about any special ingredients that need to be kept secret.

Guajardo concludes, "Unfortunately, the holidays may be the first time that younger generations note that their elders are not coping. Please be as kind and patient as you can, and even if you are suffering and uncertain, staying calm is the best way to get through the holidays. Lastly, and most importantly to make the most of your time together, gauge how any changes to normal routines may impact your loved ones."

While everyone wants the best for their families, it is an unfortunate fact that not every family can provide this experience for their loved ones at home. Fortunately, a senior living advisor can help families make important decisions quickly. Through A To Z Gerontology, families have access to Guajardo, whose graduate degree in this field means she understands the myriad problems which occur as people age. Guajardo also has experience in the senior care industry working with residents who were experiencing many different forms of dementia. Those who want to know how Guajardo, as a senior living advisor, has helped families make the best of their time with their ageing loved ones are welcome to read the testimonials left on the company's website.

As a senior living advisor, Guajardo is also familiar with helping seniors deal with scammers and addictive patterns which often threaten to destroy family bonds. Asking elders to be careful of swindlers can feel like a never ending process, particularly when they are in denial. Using the services of A to Z Gerontology is probably the best way for families to both diffuse situations like this as well as ensure that there is a resource to rely upon going forward.

Guajardo concludes, "My mission is to help families through their unique situations. I think all families need a little help making important decisions with as little pain as possible. If you are in this situation or don't know what to do to help your loved ones, please get in touch. I can help you make the most of your time with them. I hope you will use your own compassion to make the very most of this holiday season."

Those who have any questions about A To Z Gerontology's services are invited to contact them through their website. They work for families and provide senior placement services for all Sonoma County and Marin County communities, including the cities of Santa Rosa, Petaluma, Mill Valley, Corte Madera, Larkspur, San Anselmo, and many more. Interested parties may contact Dorothy Guajardo directly for more information as well.

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For more information about A to Z Gerontology, contact the company here: A to Z Gerontology Dorothy Guajardo 415 308-9828 dollie69@comcast.net

A to Z Gerontology

Dorothy Guajardo is an advocate and senior living advisor guiding families through the confusing and often frustrating world of senior care and senior services.

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