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Hypothermia

As we transition to the colder months, hypothermia becomes a real threat for many older adults. Certain medications, health issues, skin problems, and hypothyroidism can make them more susceptible to hypothermia. At the same time, as we age, our bodies find it harder and harder to regulate core temperature.

If you're an older adult or a caregiver for a senior citizen, it's crucial for you to familiarize yourself with the best preventative measures, the warning signs, and what to do if you suspect you or a loved one has hypothermia. Follow the link below to learn more.

[Click here for more information about hypothermia.](#)

Holiday Depression

While the Holidays are a joyful time for many, others may find themselves suffering from seasonal bouts of depression. This is especially true of seniors and caregivers.

For the older population, age, loss of loved ones, health issues, and more can contribute to more frequent instances of depression around the holidays. For Caregivers, the risk is even higher. Those who care for Alzheimer's patients are 30 times more likely to experience depression around the Holidays. Addressing these issues is very important. Ignoring signs of depression can lead to more health problems, both physical and mentally, down the road.

For some great tips on dealing with depression, follow the links below:

[Holiday depression in seniors.](#)

[Holiday depression in caregivers.](#)

Stress Management

Stress around the Holidays is no joke! There's family to visit, food to prepare, people to shop for, religious obligations, and so much more.

The Holidays can be stressful to everyone, but if you're a senior citizen or a caregiver, you might have added ailments or responsibilities that make the stress even worse, and ignoring it can only make it worse.

Stress management and emotional health are two of our biggest areas of focus, and at the East Alabama Aging and Disability Resource Center, we've compiled some great resources for dealing with stress. Follow the link below to learn more.

[Click here to learn how to fight stress!](#)
