

DAUGHTERHOOD THE PODCAST  
SHOW NOTES  
NAVIGATING THE HOLIDAYS WITH CAROL BRADLEY  
BURSACK

CAROL BRADLEY BURSACK is a columnist, author, blogger and consultant on aging and caregiving issues. Carol spent over 20 years caring for a total of seven elders which served as the catalyst for her book *Minding Our Elders: Caregivers share their personal stories*. Her website, *Minding Our Elders* includes her blog as well as links to helpful agencies, articles of information and comfort, links to support groups and resources for caregiver, boomer and elder needs. She is a regular contributor to industry leading blogs as well as the forum moderator at [AgingCare.com](http://AgingCare.com). And I have to say she has kept me company in my search for information virtually, through her website and her articles as well as her thoughtful responses to questions on [AgingCare.com](http://AgingCare.com).

- 1:45 Including PLWD in celebration
- 2:41 How to decorate if in a facility
- 3:52 Children
- 4:20 Keep things simple
- 6:06 Home celebration with quiet room
- 6:25 Designated person
- 7:24 Adjust your holiday expectation
- 13:09 Informing other guests of how to interact
- 16:00 Please don't say don't you remember
- 16:22 Tell me about.....
- 17:25 People who don't want to visit
- 18:34 Forgiving
- 19:16 Timing of event
- 21:13 You never know