

The holidays are a good time for family caregivers returning home to tune into the signs that an older adult may need extra help to remain safe at home.

To learn more about those signs, register for the free Home for the Holidays web conference, moderated by a representative from the Home Instead Senior Care® network, hosted by the American Society on Aging (ASA), and co-sponsored by the National Family Caregivers Association (NFCA) and the National Alliance for Caregiving (NAC).

The hour-long web conference will be available in the U.S. and Canada, and offered on two dates and times: Tuesday, Nov. 15, at 11 a.m. MT, or Monday, Dec. 5, at 6 p.m. MT. To register, go to [www.caregiverstress.com/familyeducation](http://www.caregiverstress.com/familyeducation).

The web conference will be moderated by Director of Strategic Alliances Mary Alexander of Home Instead, Inc., the franchisor of the Home Instead Senior Care network. Alexander is a family caregiver and a Certified Senior Advisor (CSA).

It's easy for busy family caregivers to overlook the subtle signs that a senior loved one needs assistance," Alexander said. "But the holidays, when many return to their childhood homes with aging parents, can highlight those red flags," she noted.

Signs of potential trouble can be evident in a senior's home—such as spoiled food in the refrigerator and piles of unpaid bills—or personal indicators such as episodes of confusion or dirty and unkempt clothing," she added.

The web conference will feature information about countering senior resistance to assistance as well as resources that can help family caregivers and senior care professionals.