

## Have a Safe & Fun Fourth of July

As we prepare to celebrate our nation's independence, it is vital to think about how to include our aging parents in the family celebration. Parades, backyard barbecues, pool parties, and firework displays can certainly lead to a very long day for older adults. However, with proper planning, older adults can still

enjoy a fantastic Fourth of July and join in the family fun. Here are a few tips to consider when planning your family's Independence Day celebration.



### Parades

Consider the route of the parade you plan to attend and scout out ahead of time a spot that is shady and walkable. Look for smooth, level sidewalks or pavement to prevent falls. If there is a lot of walking involved, drop off your mom or dad at the location before you park your car. Be sure to bring a comfortable chair and plenty of water to stay hydrated. Also bring hats, sunglasses, and sunscreen to be safe in the

sun.

### Backyard Barbecues

Another way to involve aging parents during Independence Day is to include them in your backyard barbecue. Invite them to your post-parade picnic instead of taking them to the parade, if the parade is too loud or too strenuous. Older adults enjoy helping if they're able, so give them purpose by asking them to toss the salad or set the table. Reserve a seat for them that's in the shade and that's easily accessible to the indoors. Include them in family games by teaming them up with a grandkid. Monitor the amount of time they spend with larger crowds and encourage them to rest indoors if you notice any signs of agitation.

### Fireworks

There are many ways older adults can continue to enjoy fireworks, it might just take a little advanced planning. Explore various firework venues—such as the local park district, baseball stadium, or concert venue. Choose a venue that is easily accessible for mom or dad. Again, consider walking distance and pick a spot to view fireworks that isn't too far from the parking lot. Bring a light jacket or blanket to keep warm as the sun goes down. Also, consider viewing fireworks pre-Independence Day, say at a baseball

game that includes fireworks post game. Another great option is to stay home and watch fireworks on television. Many networks broadcast live fireworks, and you can tune in from the comfort of your own home.

Visiting Angels understands the effort it takes to plan a fun Independence Day for your aging parents. We're here to assist you along the way and to offer support as you seek additional help. Whether you're looking for a companion for mom or dad during the work week, or need more physical assistance, we're the team for you. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

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